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MAY 25 1944

U. S. DEPARTMENT OF AGRICULTURE

# Radio Round-up

## on food...

A Service  
For Directors of Women's Radio Programs

New York, N.Y.  
January 1, 1944

### NEITHER TOO HIGH NOR TOO LOW

Evidently the point values for brown stamp foods (meat, fats, cheese) during the month of December were neither too high nor too low. A glance at the new table of point values reveals that there are very few changes for the month of January. Butter stays at the same value of 16 points a pound...and cheese remains unchanged. Beef, veal, and lamb cuts continue the same...except for a few miscellaneous items. Sliced dried beef has been cut two points a pound, bringing its value down to 12 points. Ready-to-eat sliced beef tongue is reduced two points to six points a pound, and unsliced beef tongue is down one point.

Homemakers can plan on the same low point values for pork that were set in mid-December. However, the one point difference in the value of fresh and smoked hams has been eliminated...fresh hams have been raised one point.

### UP AND DOWN THEY GO

There are several pleasant surprises for homemakers in the new table of point values for green stamp foods. The best news is that all frozen vegetables, with the exception of corn, lima beans, and peas, have been reduced to a point value of zero. These frozen foods have been reduced in order to give more space in freezers to the large amounts of pork now coming into market. The reduced list includes frozen broccoli, spinach, brussels sprouts, cauliflower, snap beans, carrots, and other vegetables. Apples, applesauce, and rhubarb are the frozen fruits which have been given a zero point value. In addition, all frozen fruit juices have been cut to zero. Frozen blueberries and huckleberries have gone down from 12 to 6 points a pound.

Due to these sharp reductions in point values you will probably be promoting frozen foods in many of your broadcasts. No doubt, there will be

**US Department of Agriculture**

**Food Distribution Administration**

homemakers using these foods for the first time. Those homemakers cooking frozen foods for the first time, and even those who are already using them, can probably use some information on the proper cooking methods. For instance, everyone should know that the best way is to start the vegetables cooking while they're still frozen. And there are other hints too, on the proper storage of frozen foods which you'll want to include in your copy.

Canned green or wax beans have also been reduced to a point value of zero. Canned peas have been reduced some but still cost 15 points for the number 2 cans. Many homemakers will be glad to know that canned tomatoes, which have been demanding high point values, have been cut to 15 points for the number 2-1/2 size. With the reduction of these canned vegetables, homemakers will use more than before. You might want to tie in a conservation note when promoting them. The juices in these canned vegetables are full of vitamins and minerals, and should not be poured down the sink. These juices come in handy in making soups, sauces, stews, and other dishes. However, even though these canned foods have been reduced, it's a good idea to urge your listeners to continue using fresh vegetables whenever they can, so we won't have any waste along this line.

There are only two items on the processed food list that has been increased in point value. Tomato paste has been increased 2 points for the popular size. And jams, preserves and non-citrus marmalades have been increased from 6 to 8 points for the size from 12 ounces to 1 pound.

#### OUR NATIONAL BEAN BAG IS BIG

There are so many demands for American food that careful studies have to be made in order to determine where it is needed the most. After the representatives from each claimant group state their needs to the Food Requirements and Allocations Committee, a certain amount of food is allotted to each group. Dried peas and beans are among the most recent foods which have been allocated for 1944. According to the Food Distribution Administration, the crop of beans is estimated at about 23 million bags (100 pounds each) and almost seven million bags of peas. These crops have to be divided among the civilians, the U.S. military and war services, our Allies, and liberated areas.

#### Civilians' Share

Civilians should fare well on dried peas and beans this year. They will receive half of the total supply of dried beans, and 29 percent of the dried peas. The individual civilian will have available almost nine pounds of beans and over 1 and 1/2 pounds of dried peas during the coming year. This is slightly more beans, and about the same amount of peas that they received in 1943.

#### Military Uses

Since dried peas and beans ship and keep well, they are in demand for military uses, both here and overseas. Our armed forces will get almost three and one-half million bags of beans...or 15 percent of the supply. They will have 300 thousand bags...or 4 percent of the peas. The Navy is a good customer for beans. In fact, the Navy serves beans so frequently that it takes about three times as many beans to serve ten sailors as it does to serve ten soldiers.

Allies, Liberated Areas, and U.S. Territories

Peas and beans are popular with our Allies, liberated areas, and the U.S. territories. About 31 percent of the bean supply and 53 percent of the pea crop will go to these groups. Russia is the largest allied consumer of beans. Practically all of the 3 million bags of beans which are allotted to Russia will be eaten by the Russian Army. The United Kingdom's allotment of beans for 1944 is slightly over 580 thousand bags...and 400 thousand bags of peas. British services overseas will be allotted approximately 291 thousand bags of beans and almost 110 thousand bags of peas. Nine percent of the bean crop and 19 percent of the peas will go to liberated areas... 3 percent of the beans and 1 percent of the peas to the territories...and 2 percent of the beans, 14 percent of the peas to other exports including the Red Cross.

Out of every available 100 pounds, 3-1/2 pounds of beans and 11-1/2 pounds of peas will be set aside for Government reserves...in case of war emergencies during 1944. If it develops that reserves are not needed, they will be made available for civilians.

Now She Makes Her Own

Although the actual number of beans the average consumer is allotted for 1944 will be approximately the same as the average of the past five years, a large proportion of the beans for civilians will be in a different form. It used to be that the homemaker could open a can of beans, heat them, and have them on the dinner table within a few minutes. Now her chances of finding any canned beans are very slim.

Since these dried beans and peas need more detailed preparation, probably the average homemaker could use a few tips on how to cook them. Not only the basic recipes but some variations and ways she can use beans and peas to stretch less plentiful foods. The bulletin, "Dried Peas and Beans in Low Cost Meals" should be helpful to many homemakers. Just tell them to write to Food Distribution Administration, Washington, 25, D.C.

This nine pounds of beans for each civilian sounds like a mere drop in the bean bag but when you multiply that nine pounds by five people in a family it steps up the picture considerably...in round numbers about 45 pounds a year. Of course, some families will eat more and others won't eat that many...Therefore, a homemaker who shops for a family of five or six could put a pound of beans in her market basket every week. So you see, there is a real need for them to know the best ways to use dried peas and beans.

WHAT DRIED EGGS MEAN TO THE BRITISH

Now that egg production is reaching its peak (see December 25 issue of ROUND-UP) probably you are promoting eggs in a number of your broadcasts. We thought you might be interested to know how much dried American eggs mean to the average British homemaker. Dried eggs are a lifesaver to the people of England according to Mr. W.D. Termohlen, Assistant Chief of the Dairy and Poultry Branch of the Food Distribution Administration, who has recently returned from an official trip to Great Britain. Eggs play an important part in adding variety and in helping to keep the English diets up to par.

Mr. Termohlen talked with dock workers, wholesalers, retailers, shop-keepers, homemakers, and with the many on the streets throughout all parts of England. And Mr. Termohlen says, "They all gave me the same answer... we couldn't have done without them!"

As you know, dried eggs are rationed over there. At the present time, each adult is allowed a 5 ounce package every 4 weeks...each child is allotted 2 packages during this time. A five ounce package is equivalent to one dozen eggs, which means that the adult has about three eggs a week, and every child has approximately 6 a week. Of course, every homemaker has to apportion this allotment to cover all her needs...cakes, puddings, souffles, omelets, and any other recipes calling for eggs.

The British Food Ministry has done much to acquaint the public with dried eggs. Both manufacturers and homemakers have been told about the product, the food value it contains, and how it can be used. Their educational program is put over in much the same way as we promote products here in America. In addition to radio, this information appears in the current newspapers, magazines, and in British movies.

Mr. Termohlen says this promotion has made dried eggs so popular that the British storekeepers have a hard time keeping American dried eggs in stock. At the present time, the British are using a total of about 134 million pounds of our dried eggs a year, and we expect to ship about the same amount during 1944.

#### LOOKING BACK AT THE FOOD ORDERS

During the past year we have tried to give you explanations of the Food Distribution Orders and how they affect average homemakers. We thought a summary of the main orders of 1944 might be helpful to you at this time. As you know, orders have been issued, affecting practically every food on grocers' shelves.

##### Bread

The first, and one of the most important orders affected our staff of life.... This was known as the bread order. It assured the homemaker of more vitamins and minerals in white bread and made several limitations on bakery rolls and bread. And, as you probably remember, this was the order in which bakers were asked to stop slicing bread. That part of the order caused a number of difficulties so it was amended and bread was sliced again. However, the main part of the order, which provided more nutrients in our white bread still remains in effect.

##### Dairy Products

Since dairy products play such an important part in American diets, several orders have been issued to put them on a wartime basis. FDO 2 directed the manufacturers of creamery butter to set aside a certain percent of the monthly production for direct war requirements. This was done so there would be enough butter to meet the needs of our Armed Forces, and Lend-Lease during

the peak months of production. Food Order No. 8 limited the ice cream industry to 65 percent of the quantity produced from December 1st to November 30th, 1942. It was estimated that enough milk could be saved through this order to make over 97 million pounds of butter and 68 million pounds of dry skim milk a year. Food Order 13 also affected dairy products. This was the one banning the sale of whipping cream for the duration. After that, only persons with a doctor's prescription could buy whipping cream. Later in the year FDO 79 came out, controlling fluid milk sales in certain areas where the situation was the most critical. The distributors of milk were assigned quotas and persons could get no more milk than they did in the peak season last June. This order also limited cream and milk by-products by 75 percent of the quantity sold in June. The purpose of this milk order was to prevent milk rationing, and yet provide everyone with a fair share of dairy products.

### Meat

Meat played an important part in the 1943 food picture. There were a number of orders concerning delivery restrictions, quotas established, and inventory restrictions. The meat order establishing ceiling prices on beef, veal, lamb, and mutton is probably the most important meat order for consumers. By requiring the quality of the grade to be stamped on the meat, and establishing ceiling prices, the average homemaker had a better chance of getting a fair deal.

### To Complete Your Record

Here are the last three orders which we haven't covered before. Although they do not affect the homemaker directly, you may want them to complete your file of food orders. FDO 88 requires that anyone owning 500 bushels or more of Fancy or higher grade apples (on or after November 6) in either Washington or Oregon, to set aside 15 percent of each variety for the Armed Forces or other Government agency. FDO 89 authorizes the Director of Food Distribution Administration to prescribe quotas for peanuts and peanut butter, and to require reports from industrial users. FDO 90 limits the number of meat by-products and the time in which they are allowed to stay in public freezer space. Stomachs, pork skins, hearts, heads, ears, tripe, frys, melts, plucks, chitterlings, snouts, hocks, pork tails, pigs feet, veal tails, ox tails, kidneys, and knuckles may remain in freezer space for only a single period of 10 days. Lard, cured meats, tallow, oleo oil, rendered suet, bones, lungs, udders, and horse meat are entirely excluded from freezer space.

### LIBERATED CANNED GOODS

#### Canned Peaches

Within a few weeks there should be an increase in the number of canned peaches on grocer's shelves. For the second time, the Government has been able to release additional supplies of this canned fruit. This is in line with FDA's policy of letting consumers have all possible foods which aren't actually needed for direct war purposes.

This time, the number of canned peaches available for consumers will be increased by three quarters of a million cases. Canners are now permitted to sell 5 percent of their reserves after the Government requirements are fulfilled.

### Canned Apples

The War Food Administration recently announced the release of 8-1/2 million pounds of canned apples. The release of these apples will be welcome news for institutions, bakeries, hotels, and restaurants, because they are number 10 cans. It should mean that there will be more of America's traditional dessert...apple pie...on restaurant menus throughout the country.

These government owned stocks are being offered for sale to the canners who originally packed them for the Government. In turn, the canners will resell them, and they will go through the normal trade channels.

### THERE'LL BE SOME CHANGES MADE

The new year will bring new plans for a more fair allocation of food to eating places such as hotels, restaurants, and soda fountains, and also hospitals. A plan is being worked out now to change the present method of allotting food to these eating places. Although the new plan is not perfect, it will be fairer to both the people eating all their meals at restaurants and to the families eating at home. It should trim down the rations for eating places where serving food is not the main purpose and allow more rations for those eating places who specialize in food.

According to the old plan, the size of the food ration for each eating place depends on the number of people served. Under this old method it does not matter whether the customers are served refreshments or food.

However, under the new plan, the food allotment will be based entirely on the number of persons served food as differentiated from the serving of refreshments. The rations for refreshments will be based on the number of servings of refreshments alone.

Refreshments include beverages mainly, but occasionally some foods will be in that group. For instance, potato chips or popcorn served with a drink is in the refreshment class. And ice cream served alone is in the refreshment class, too. On the other hand, ice cream served with a dinner is included in the food group.

For several months, officials have been trying to work out this plan. Although it won't go into effect until March 1, 1944, eating establishments have been asked to start keeping separate records of refreshments and food on January 1, so the local ration boards will be able to compute future rations.

### CHICKEN.....BUT NOT EVERY SUNDAY

Although the War Food Administration has set aside freezer stocks of chickens and fowl (hens) for purchase by the armed forces and government agencies, you listeners will probably be glad to know that they will still be able to buy chickens. There are several reasons why chickens will still be available to civilians. First, the set-aside doesn't apply to incoming

poultry after the effective date (12:01 A.M. EWT, December 30th). Government agencies will buy only the suitable stocks that were already in the freezers on this date. Through the set-aside, the Quartermaster Corps should be able to catch up on its requirements for all the armed services, and be able to include chicken two Sundays out of every month...as called for in the regulation "G.I" menu.

Another reason why civilian supplies will be available, is a culling program which is being conducted nationally to bring laying'hens back to approximately the same number as there were on farms in January, 1943. If this is carried out, about 40 to 50 million pounds of chickens should be marketed within the next few weeks.

A third factor in favor of the consumer is the early start of the egg production season...a season likely to result in a record crop of eggs. It already has brought about local abundances of eggs in some areas and lower prices to producers. This may result in heavy flock culling, especially in feed deficit areas...a move which would mean the marketing of more poultry than usual during the late winter and early spring season.

#### PRESSURE CANNERS NO LONGER RATIONED

Your listeners who tried hard but unsuccessfully to obtain pressure cookers during the past year will be glad to hear that these cookers have been taken off the ration list. So now homemakers who would like a pressure cooker for canning purposes can buy one ration-free.

At first glance you might think that it is a little early to be talking about pressure canners, but as a matter of fact, there are a number of homemakers who use them year-round. Right now, these homemakers will be especially interested in knowing that they will be able to buy a canner to "Put Up" meat. And the other homemakers could start looking around for a pressure canner now so that they will have one to start putting up the first fruits and vegetables in the spring, as the supply will be limited even though there are no restrictions on the purchase of them.

#### NEWS OF THE NORTHEAST REGION

(Cleared by OWI with an "A" essential rating)

#### FOOD OF THE WEEK....

The spotlight turns to eggs this week...plenty of them in the majority of Northeastern markets, and they're a current best buy in protein. Incidentally, eggs are selling below ceiling in most places, and that's something to consider, what with most pocketbooks rather flattened after the holiday.

Now for a note on home storage of eggs...From the Massachusetts State Experiment station comes a report that fresh eggs can be kept a month without serious loss in quality. That is, if they're covered and put in a refrigerator where the temperature is held at 40 degrees Farenheit, which is about average.

Eggs stored in open containers like wire baskets gradually lose weight by drying out. Eggs kept in cartons often absorb the flavor of the carton. Another state experiment station says that highest quality eggs are those that are kept in the hydrator of the refrigerator, as fresh vegetables are kept.

How about emphasizing eggs again as main dishes for low cost meals? Like meat, they have a satisfying flavor in addition to their high nutritive value.

#### THE TIME HAS COME....

To do some 1944 Kitchen Planning. Across this desk last week came an excellent piece on the subject from the New Jersey College of Agriculture. There were several suggestions that would lead to better use of food, and more enjoyable eating. First, some questions your listeners should be asking themselves:

How much canned food do they have on hand? How many jars can they afford to use each week if the supply is to last the family through the spring months? Do the members of your household have decided food likes and dislikes? Do they know grades and cuts of meat, and the ceiling prices governing sales?

Then, a few, though impressive, words on that mighty important subject of conservation. Do your listeners still pour valuable vitamins and minerals down the sink when they drain foods instead of using the liquids in soups, sauces, and gravies? And about meat...it is often cooked at too high a temperature, so that, as a result, it shrinks and the number of servings is cut considerably? (The flavor is impaired too, when the fat is cooked out, and the meat becomes flat and tasteless).

Homemakers are also urged to check their daily menus to see that the all-important Basic Seven Foods are included in each day's meal plans. Taking stock of all these things, homemakers may be able to establish not only a fairly accurate estimate of the money they'll need to feed the family in 1944, but planning will also help toward better management in the kitchen.

#### FOR GARDEN FANS AND FUTURE GARDENERS...

As you all know, we're anticipating about 22 million Victory Gardens this year over last year's 20 million. And they don't grow overnight. In fact, plans have already been laid to enlarge gardens and to encourage community gardening.

So you might want to inject a little "June In January" into your programs these cold days, by talking about future courses for gardeners in your area. Or perhaps the local gardening committees have swung into their programs, and would be able to provide some good material for program purposes. Incidentally, folks should be encouraged to order fertilizer and seed now. This would be a help to the garden supply people who are going to have a heavy load on their hands, come spring.

A Garden program came to our attention first, through the report of the National Victory Garden Institute meeting held in Chicago back in November, and through a course we heard about what was going to be given for New Hampshire gardeners. This particular one takes up the culture and handling of strawberries, raspberries, and other small fruits, and also includes the care of fruit now growing in home plots. It will be given over a period of eight months, and

it's designed to help Granite State Gardeners master the fine points in raising food in their back yards. (There was a general Victory Garden course presented by The University of New Hampshire last year; over 2000 enrolled).

GIRLS AND BOYS TOGETHER....

About 19,000 of them, to be exact...all in Massachusetts, raised enough food in 4--H projects to feed more than 2200 fighting men for a full year. The calculation was based on food needs of fighting men determined by the government.

Here's the way the different projects lined up: Garden club members raised 70,000 bushels of vegetables for home use or for sale. Almost 2000 poultry club members raised approximately 65,000 birds. More than 600 were enrolled in the dairy project, producing milk and other dairy products. And nearly 1000 boys and girls raised 2100 pigs. Over 200 boys raised from one-half to two acres of field corn, and 4200 canning club members canned products amounting to more than 300,000 jars.

To us , it sounded like an outstanding record. But that's the way 4--H clubs operate. You can probably line up an excellent program or two based on the work these youngsters have been doing in your locality. They are a credit to the community.





### TEA FOR YOU

Although Americans have not acquired the English habit of tea at 4 every afternoon, we are a large tea consuming nation. Last year we drank about 60 million pounds of tea. Tea lovers will be glad to know that the 1944 tea allocations for civilians provide for a considerable increase over last year's...this year we should receive about 76 million pounds. You might be interested to know that large tea consuming areas are in New England...around Boston, and in the midwest around Chicago. The South steps up its consumption of tea during the summer...in the form of iced tea.

If you realize that one of the most popular sizes of tea packages on grocery shelves weighs only 1/4 of a pound...and this size package makes about 50 cups of hot tea...you can readily see that we drink lots of tea. If every person in the United States was a tea drinker we'd still have about 118 cups available per person this year.

Of course, our tea imports were larger before the war. Before Pearl Harbor we imported tea from India, Ceylon, Java, Sumatra, China, and even Japan. Now our only sources of tea are India and Ceylon.

Did you know that the average tea bush lives for about 30 to 40 years, depending on how well it is cultivated. The natives prune them to approximately 3 or 4 feet high to force out more branches and leaves. The process of picking the leaves is known as plucking...and the leaves are plucked twice a year from bushes that are at least three years old.

After the leaves are plucked, they are dried and packed in tea chests or cases for shipment. An interesting note is that these chests are branded with "Garden Marks" of different shapes and sizes. These marks can be compared to cattle brands here in this country. Just as the cattle brand tells which ranch the cattle came from, the "Garden Marks" denotes

the estate on which the tea was raised.

At first our early settlers drank green tea which came from China in the famous Yankee Clipper ships. But in recent years, producing areas of black tea have been developed. Now, most of the tea we drink is black, rather than green.

REPEAT PERFORMANCE

Pigs are still coming to market in such large numbers that OPA has continued the special pork ration which was started a few weeks ago. Spare Stamp No. 2 is to be used in the same way that No. 1 was used. That is, it will be good for five points for the purchase of fresh pork or sausage, through Saturday, January 15. Be sure to make it clear to your listeners that this stamp is for five points...and not five pounds of pork. And it is not good for buying smoked or cured pork such as smoked ham or bacon.

Record-breaking quantities of pork have been coming into markets all over the country. Limited freezer space meant something had to be done in order to increase the movement of this pork. If pork had been taken off the ration list entirely, it would have become too scarce in areas far away from the production centers. In addition, the removal of pork from rationing would have released so many brown stamps that there would have been a terrific rush for the limited amounts of butter and other items still on the ration list. So, this method of allowing an additional stamp for pork seemed to be the best solution to the problem. Smoked and cured pork had to be excluded because the Government is experiencing considerable difficulty in getting the quantity of these items it needs for military uses. Since the demand for sausage falls off during the winter months, Spare Stamp No.2, is good for all sausage irrespective of the contents...except, of course, canned, or that in glass containers.

Five points of pork goes a long way in serving a meal. For instance, this new allowance will buy enough sausage to serve four or five people without any "stretchers".

This allowance of five points is, of course, for each person in the family, so a family of four would have 20 additional points for pork. Think of the spareribs that the homemaker could buy with some of these points. She could buy five pounds of spareribs with the Spare No.2 stamps from two ration books. Some homemakers might be more interested in spareribs if they knew several ways to fix them...you might suggest that they're equally delicious stuffed, barbecued, or with sauerkraut.

Cook Pork Thoroughly

No matter what pork cuts the homemaker buys with her Spare Stamp No.2, there is one thing that she should be careful about...and that's proper cooking. Be sure to stress the importance of thorough cooking and how thorough cooking removes all danger from trichinosis.

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When you're talking about the proper cooking of pork, you might want to refer to that amusing old essay, "Dissertation Upon Roast Pig", by Charles Lamb. According to this story, you remember, pork was first roasted accidentally. A swineherd's farmhouse burned to the ground. When the man and his son poked around the ruins, they discovered delicious roast pig. They both liked it so much that they burned the house down every time they wanted roast pig. Luckily, we know of an easier way to roast pork now.

### 1944 MEAT STORY

Don't let your listeners discard the recipe file on meat stretchers just because there is a large amount of pork available at the present time. According to the allocation of meat for the whole year, civilians will get about the same quantity of meat during 1944 as they did in 1943. The War Food Administration has announced that each person will probably have approximately 116 pounds (retail weight) of meat during 1944. This is equivalent to 132 pounds dressed weight.

Civilians will get about 2/3 of the total meat supplies. And because both supplies and needs shift rapidly in wartime, about 4 out of every 100 pounds of the total supply is allocated for contingency reserves. This meat is not allocated to any specific group, but will be used wherever it can serve best in the war effort.

We have to share the total meat supply with the U.S. Military and other War Services, Our Allies, other friendly nations, and liberated areas. U.S. Military and war services are to get about 17 percent of the supply and Allies, other friendly nations, Red Cross, and U.S. territories will get about 12 percent of the meat. Most of the meat for our Allies will be pork.

### NAME AND ADDRESS, PLEASE

We understand that large number of lost ration books are landing in the dead letter office of post offices, just because the owners have neglected to see that their correct addresses are on the covers of the books. As you know, the post office attempts to forward all lost ration books that are deposited in the mails, to the owners. Naturally, this can't possibly be done if owners don't have the correct address filled in. Listener's need reminding that they should always keep this address up to date...the address should be changed whenever they move. If they neglect to make this change, it is not only inconvenient to them, but it means more work for the postal employees and the local ration boards.

P.S. TO THE BEAN STORY

Last week we told you that the homemaker would have a hard time finding any canned beans (see Radio Round Up for January 1st). After we went to press on that, the War Food Administration, following its policy of releasing foods as soon as it is determined that they aren't needed for essential war requirements, announced that part of the government canned beans reserves will soon be released for civilians. The government will release 440 thousand, approximately 20 million pounds, of canned pork and beans. When you first hear these figures you might jump to the conclusion that we will have quite a few cans of pork and beans available. However, when you break it down and divide that 20 million pounds by nearly 128 million people in the country, you will realize that this quantity is not much more than a drop in the nation's bean bag. In fact, it is not even a can of beans for every five people.

ANOTHER USE FOR GRAPEFRUIT JUICE

Now that grapefruit juice can be bought point-free, homemakers are naturally buying more than before, and sooner or later they will want a new way to serve it...other than as an early morning eye-opener. So we found a recipe which we thought would be just the thing for a winter evening. It's a mulled grapefruit juice, which should be popular with young and old. We think it will come in handy to serve to friends who drop in for the evening, or at the kids' party. Remember that milk is rather scarce, and that many homemakers are having a hard time finding chocolate and cocoa... so this drink could serve as an alternate for hot cocoa. Of course, it doesn't have the same food values as cocoa, but it does make a delicious drink.

Here are the directions: Combine about one cup of grapefruit juice with 12 whole cloves, one 3 inch stick of cinnamon, 1/2 teaspoon of nutmeg, and 3 tablespoons sugar. Bring this mixture to a boil. Then reduce the heat and simmer for five minutes. Add 4 more cups of grapefruit juice and heat to boiling. If you'd like a little more definite pink color to your mulled grapefruit juice, you might add part loganberry or grape juice. Use about one cup of these juices to 2 cups of grapefruit juice. Strain it and serve piping hot. This will serve about ten people.

We thought you might be wondering about the availability of spices so we checked on that. Here's what we found. Cloves are dried flower buds of a tropical tree in Zanzibar and Madagascar. During the first part of the war, the stocks seemed to be getting scarce, but at the present time, they are close to normal. We used to import cinnamon from China and Java, but now we are depending on Ceylon for all of our supply. The kind of cinnamon we are getting now is botanically true cinnamon which is lighter in color and milder in flavor than the kind we formerly imported. Although our nutmeg supplies aren't nearly as large as they were before the war, there should be enough of it on grocer's shelves in order for homemakers to find a can of it every once in a while.

NEWS OF THE NORTHEAST REGION

(Cleared by OWI with an "A" essential rating)

IT PAYS TO BE SCOTCH

Famed for their economies, the Scotch in addition to being targets of some mighty good humor, might also be an example for successful operation of land economy in wartime.

A few weeks ago, a director of County Agent work from the North of Scotland spoke to the New Hampshire Extension Service family. He told them how Scotland, faced with the possibility of starvation, changed its land economy almost overnight to produce 70 percent of its own food as compared to 33 percent produced at the beginning of the war. Scotland solved its home food problems by planting crops on land, which, for centuries, had been kept in grass.

Like our farm leaders here in the United States, the Scotchmen decided what foods would feed the most people and set up their goals accordingly, just as we set up national food goals. Incidentally, potatoes...heavy on our markets right now...were named their number one crop. The reason was that they found 100 acres of spuds fed 420 people, while the same number of acres planted to wheat fed 20, and used for beef-cattle or sheep fed only 15.

(Although he didn't mention it, we were wondering if the Scotch County agents hadn't also given the fine food value of potatoes a thought or two. At any rate, you might give them a few thoughts in your future programs. Potatoes are still very plentiful in the Northeast Markets.)

BURN THE WRAPPINGS

You're all conservation-conscious these days, and saving every bit of paper in sight, and urging listeners to do the same. But there are some wrappings that you should destroy...completely and thoroughly.

These are the ones on gifts from overseas. They may contain dangerous insects or insect eggs that would ruin gardens and crops. Custom inspectors have discovered living pink boll worms in packages addressed to families in the Cotton Belt. Some gifts were also packed in straw, which may contain serious diseases and dangerous pests, which could cause crop destruction. The Japanese Beetle and Mediterranean Fruit Fly came to us in packing material.

Inspectors, however, cannot examine each of the millions of packages that are coming into the country. So everyone...rural and urban dwellers alike...must cooperate. Here's what your listeners can do if they have received any packages from Overseas:

Burn the wrappings themselves so that they will know it's done. This

means, paper, boxes, and packing material...all of it...including any bugs that may be hiding there. Don't just put the packages out with the trash to be taken to the city dump. And above all, caution your audience not to put them in a closet or attic.

BURN OVERSEAS WRAPPINGS AS SOON AS YOU HAVE REMOVED THE PACKAGES!..... but be sure you cooperate with the War Production Board Waste Paper Conservation Campaign, by saving every other bit of paper in your household.

#### KEEPING ONE JUMP AHEAD

Victory Gardens for 1944 have already made the news, so the next logical thing to think about is the Canning Program for '44 which is expected to be the biggest on record.

So how about some suggestions for advance planning of what your listeners can do to line up their home programs. New York State College of Agriculture starts from the bottom and goes up...in other words, right in the storage cellar where the jars of fruits and vegetables canned in 1943 are kept.

An inventory of what was canned is the first suggestion: In another column on the same page, put the number of jars of each food, and leave a blank column to write in the date when the last jar comes off the shelf. In this way, they can judge whether they should plan for more or less of the item next year. This list should be put in a handy place, as there may be other information that they wish to note, such as cases of spoilage and the reasons for it, if the reasons are evident.

You might also suggest rearrangement of shelving facilities, if they're not just the way your listeners would like to have them. Think about the location, and the ease of getting jars down without getting them down every-time they have to reach.

All these things will save time during spring when many homemakers will probably want to be out hoeing and spraying guns in the garden.

#### ARMS....AND THE KITCHEN

As rifles and bayonets are essential to our fighting men, so are good frying pans and saucepans important to home managers anxious to give their families the greatest measure of good health through food served in the home.

A peculiar analogy? Not exactly, when you stop to realize that frying pans and saucepans in poor condition, unable to stand steady on the stove, may waste heat, cook unevenly, and cause spills of foods and accidents as well.

So a Delaware home management specialist urges that all such needless wastes be cut down to a minimum during this emergency period when all facilities must be fully used in the war effort. These are the suggestions

she offers:

Avoid pouring cold water in a hot pan or setting an empty pan on a hot stove. Sudden changes in temperature cause metal to warp. Lighter, thinner, kitchenware bends most easily with sudden heating or chilling, but frying pans probably suffer most and also are most likely to cook foods unevenly once they become wobbly.

To fix up some of those bent cooking utensils, you can heat them and hammer gently in the bad spots. Slight bulges may often be smoothed out by heating the pans and tapping the bottom with a wooden potato masher or mallet. Never use a metal hammer...its weight may dent the pan more or even break it. Bad bulges may be pounded out between blocks of wood. Use two smooth sturdy blocks, one small enough to fit inside the pans. Heat both the wood and the pan. Turn the pan upside down over one of the hot blocks and put the other on top. Tap the top block with a hammer until the entire bottom of the pan is smooth and even.

Pots and pans in good condition will help homemakers conserve food value...part of their job in making Food Fight For Freedom.



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U. S. DEPARTMENT OF AGRICULTURE

# Radio Round-up

## on food...



A Service  
For Directors of Women's Radio Programs

New York, N.Y.  
January 15, 1944

### FOR THE SWEET TOOTH

Americans will be spreading their bread with more jams, jellies, marmalades, and fruit butter for the next six months, according to an announcement made by the War Food Administration. In fact, by June 30, 1944 consumers will have used about 56 million pounds of jam, 200 million pounds of jellies, 100 pounds of marmalade, and more than 50 million pounds of apple butter. The allocation of fruit spreads is made according to the pack year (July 1, 1943 to June 30, 1944) rather than the calendar year because total supplies cannot be estimated until the summer's harvest is well in view.

About 27 percent of the fruit spreads will follow our Armed Forces to the various parts of the world. Allies and friendly nations will have only about 3 percent of the total supply...and approximately 1 percent will go in the Red Cross prisoner-of-war packages.

Although last fall's production of fruit spreads in general was relatively abundant, the jam pack was hit by the poor harvests of strawberries, peaches, apricots, and sour cherries. Strawberry crops have suffered because of the manpower shortage...so much labor is required in the growing and handling of this crop. Short harvests of the other crops resulted from unfavorable weather conditions.

On the other hand, there are large quantities of grape jelly, plum preserves, and citrus marmalade on the market. In addition, blackberry, raspberry, and youngberry jam should be easy to find.

You might remind your listeners that the citrus marmalades are among the most plentiful and, as you know, they are the only ones that do not require ration stamps.

**US Department of Agriculture  
Food Distribution Administration**

## CIVILIAN YEAST SUPPLIES ARE RAISED

Civilians should have slightly more yeast for baking this year, according to the allocation for 1944. They will receive almost 229 million pounds of compressed yeast during the year. This will be more than 9 out of every 10 pounds of the total supply. Our Armed Forces will receive nearly 16 million pounds and a small percentage will be exported to American Territories, Allies, and friendly nations.

This kind of yeast...known as compressed yeast...comes in the familiar small package usually sold in grocery stores. Of course, part of this supply is made into large packages for bakeries and other institutions who use it on a large scale. Cane and beet molasses are the bases on which compressed yeast are now grown. First, the yeast cells are separated from the liquid which remains when the sugars and other nutrient materials have been absorbed from the culture medium. Then the separated yeast cells are cooled and passed through large presses where they are compressed into cakes. These cakes contain about 30 percent yeast solids and 70 percent moisture.

### Dry Active Ycast

Dry active yeast, too, will be allocated in 1944. However, this kind of yeast is used more for shipment overseas than for civilian use here in the United States, because it does not require the refrigeration needed for compressed yeast. U.S. military and war services will receive almost 2/3 of the total supply. Nearly all of the remaining third will be used for exports. Civilians will receive only a very small amount since their needs are met in the large allocation of compressed yeast.

Although dry active yeast is essentially dehydrated compressed yeast, it is specially manufactured for overseas shipment and long storage. Its commercial growth and its dehydration are carefully controlled and, like other dehydrated products, it can be reconstituted and used in a similar way to the fresh product....it is an active agent for baking purposes.

### Nutritional Yeast

The third kind of yeast...nutritional yeast...includes both yeast grown on molasses and brewer's yeast. No doubt, it received its name because of the valuable food nutrients. It contains 40 to 55 percent protein and about 35 percent carbohydrates. In addition, it is rich in Vitamin B-1, B-2, calcium, iron, phosphorus, copper and other nutritional ingredients.

The type of nutritional yeast that is grown on molasses is known as primary grown yeast. After the yeast cells are placed in the cultures, they feed and grow at a rapid rate. In fact, a batch can be grown in from 6 to 24 hours. The cells divide and multiply, are dried carefully, and prepared for marketing.

The yeast produced as a by-product of the brewing industry is similar to the primary grown yeast except it is grown on grains instead of molasses, and it is non-alcoholic. The production of this type of yeast uses millions

of pounds of food supplies that would otherwise be wasted. It is dehydrated on drum driers and marketed in the same manner as primary grown yeast.

Civilians will receive 8 million out of every 11-1/2 million pounds of nutritional yeast. It will be available in powdered form which can be used in soups, meat loaf, baby foods, and countless other foods. And another important use of this yeast is for tablets...or pep' pills as they are called. American prisoners in Axis camps are receiving them, and tens of millions of them have already been produced and sent to our Allies.

#### EATING OUT VERSUS EATING IN

Many homemakers who have a hard time serving nutritious meals on their allotment of ration coupons, have been wondering why those persons who eat in restaurants are given the same number of ration points as those who are eating at home all of the time. Perhaps the complainers haven't seen both sides of the story. So, let's take the side of the restaurant manager. Although his customers don't have to surrender ration stamps to him when they order meals, he has to surrender ration coupons for the food he buys the same way the homemaker does. The restaurant owner is allowed a certain number of ration points each week. The average eating place has a little over 9/10ths of a brown stamp point for one meal per person. And this must include all the butter, fats, and oil as well as cheese and canned fish that he serves. Let's see how many points a pat of butter will take. Butter is 16 points a pound and it can be cut in about 64 squares. Each square will average about 1/4 of a point for each person. So you see, that leaves less than 3/4 of a point for all of the other brown stamp foods that the customer orders in that meal. And he surely can't buy much meat for 3/4 of a point.

So the restaurants, as well as homemakers, have to resort to ingenious ways of making their rations last. Hotels and restaurants have meatless days when they serve poultry, fresh fish, and vegetable plates. And many restaurants solve their problem of closing one day during the week.

Then there's another argument which some people are giving about unfairness of the rationing system. On the basis of 9/10ths of a brown stamp for each person every meal, the restaurant would average 18 points for every person per week...and people eating at home all of the time have only 16 points a week. First of all, very few homemakers serve all 21 meals a week to every member of the family. Usually, the man of the house eats at or near his office or plant, and the children either eat at school or carry lunches that require very few brown stamps. And many families eat on the average of one meal out during the week, so the homemaker with her 16 points is really better off than the restaurant manager with 18 points a week.

When it comes to the subject of unrationed foods, restaurant managers have problems similar to homemakers. For instance, they have to cut down on milk when there is a shortage. In fact, some restaurants encourage their adult customers to order tea or coffee instead of milk.

Some of your listeners who think the rationing system is unfair may

become more open minded if they realize that restaurant managers have their problems, too.

SOMETHING NEW HAS BEEN ADDED

Probably you've read that calcium carbonate is now being used in some baking powders in place of cornstarch. No doubt you've been wondering if this change makes any difference in the leavening action of the baking powder. War Food Administration officials tell us that the calcium carbonate used is a precipitated calcium with an equal density as that of cornstarch and has the same general affect on baked products. Tests to date show that it has an identical raising capacity, so homemakers should be urged to use the same baking powder proportion as usual. It has been found that there is no change in the taste or looks of the finished product. In fact, the only apparent difference to the homemaker is the label on the box of baking powder, which includes calcium carbonate instead of cornstarch.

ENRICHMENT DATE POSTPONED

In the December 18th issue of Round-Up we announced that white flour used in all types of yeast raised products made by commercial bakeries must meet certain enrichment standards by January 16, 1944. Since then, manufacturers of niacin, one of the vitamins in the enrichment program, have had difficulty in obtaining raw material to make enough niacin to cover the requirements. Therefore, the War Food Administration postponed the effective date for enrichment until May 1, 1944 when supplies of niacin are expected to be adequate.

Amendment 5, you'll remember, covered other provisions besides enrichment. However, this latest amendment (No. 6) effects only the enrichment provisions of the previous amendment.

VICTORY GARDENS THE WORLD AROUND

Victory Gardeners and farmers will be glad to know that over 70 percent of the record crop of vegetable seeds will go to civilians. The increased number of gardens last year meant more vegetable seeds were planted than ever before. Therefore, our seed growers were spurred on, and produced the largest crop of vegetable seeds in history.

Since seeds produce so much food in proportion to the small amount of space they take, they make excellent form of food for export purposes. So, civilians will share the total supply of vegetable seeds with U.S. military and war services, our allies, and liberated areas, U.S. territories, Red Cross, and friendly nations. And a small percentage is for contingency reserves to meet emergencies that may arise as the war progresses.

Some of the seeds shipped abroad have gone by steamer...Others by plane. An airplane can carry the equivalent of five hundred bushels of rutabagas in a point jar, and 5 tons of tomatoes in a one-ounce package. Indirectly, we are helping ourselves by sending other countries these seeds. The more vegetables they grow from these seeds, the more self-sufficient they become.

British War Relief Society and Russian War Relief Incorporated have been established to conduct supply programs to aid these two countries. One of their programs has been the shipment of large quantities of vegetable seed kits. Each package contains about two pounds of seeds...enough to plant a complete garden of beans, peas, cabbages, carrots, onions, radishes, and other garden vegetables.

American seeds are accompanying our armed forces all over the world. Fighters in remote outposts like New Caledonia cultivate many gardens. In these gardens they are able to grow some of their favorite vegetables from back home.

#### NEWS OF THE NORTHEAST REGION

(Cleared by OWI with an "A" essential rating)

#### BE SURE IT'S A GOOD EGG

With the current abundance of eggs on most markets of the Northeast Region, we're giving them another plug this week. How about approaching from the angle of selecting and buying eggs this time? For example:

Tell your listeners to select eggs according to their needs and their pocketbooks. They'll want the best-looking, delicately flavored ones for frying, poaching, and cooking in the shell. But a good egg in a smaller size or a lower grade may be used for other types of cooking. You might remind them that there's no difference in food values. Eggs are graded according to exterior and interior appearance. Medium or small ones are usually the best buys.

And here's a point for the egg-buyer: If she possibly can, she ought to try to buy eggs in a store where they're kept on the refrigerator until the time they're sold. We went through the business of refrigerating them at home a few weeks ago. But to add on to that...it's the moisture that helps the eggs to retain their freshness, so the vegetable pan, or hydrator of the refrigerator is the best place to keep them.

#### THERE'S PLENTY COOKIN'

In answer to a provocative invitation reading, "What's Cooking in your Greek-American Neighbor's Pot Party?" about 200 women turned up last week at the party sponsored by the Common Council for American Unity, held in New York City.

We saw several of the radio people there, but whoever missed out in this

area missed a good taste of some fine Greek cookery, plus a lesson in what can be done planning meals with practically no points at all, and using the foods in the Basic Seven Food Groups. Here are two favorite dishes that seemed to make a big hit with everyone present:

### Chicken and Pilaf

Ingredients: One chicken, two cups of rice, parsley, onion (if you can get it), and the same goes for caraway.

Method: Boil chicken with a little parsley, onion, and caraway. Strain broth through a fine sieve, then put five cups of broth back in the pot, and bring to a boil. Add rice, lower the flame, cover tightly, and cook for about 20 minutes or until the broth has been absorbed. Then remove from fire, and keep covered tightly with a folded napkin topped by lid. Take chicken meat from bones, cut fine, and saute with a little onion, dill, and chicken fat. Add rice and serve.

### Greek Dessert

Here's what the Greeks used:

Shredded wheat, walnuts, almonds, honey. In view of the current limited supplies of these nuts, however, you might want to suggest peanuts as another possibility. The shredded wheat itself has a fine flavor and a nut-like crunchiness.

Here's the way you do it:

Split shredded wheat, and place in a buttered pan. Cover each piece with chopped nuts soaked in honey. Place in a moderate oven and baste with butter. When ready, serve with a hot syrup made of two parts honey to three parts water.

One of the folks sitting at our table was going to try making this delicacy using maple syrup instead of honey. Sounds like an interesting variation.

\*\*\*\*\*

Other dishes on the menu were Greek Bread, Fichty, a cold moulded dish made with dried peas, imambaidi or Greek eggplant, and Yaourti, fermented milk. Greek coffee was also served.

Greek American recipes use every bit of meat in ways that we're getting used to referring to as "stretching the meat", with vegetables and grain food. Furthermore, the recipes call for low-point meats, variety meats, and the forequarter and neck of lamb. Incidentally, one of the commentators present challenged her Greek friends to cooking lamb, Greek style any better

than she had learned how. So there's more to this business of adapting our United Nations' neighbors food than just talking about them.

The Common Council is following up with a series of similar "nationality" parties during the coming months.

ADD.....(Washington)

STEP RIGHT UP, FOLKS

When school started last fall, quite a few sponsors of the school lunch program stepped right up and entered into an agreement with the Food Distribution Administration. Many of these had sponsored the program before so they were aware of the advantages. However, late reports show there are far too many schools still without a school lunch program. Perhaps some of these lunch-deficient schools are in your neck-of-the-woods.

Local school boards and state departments of education are usually the sponsors. They sign an agreement with FDA which guarantees reimbursement of the purchase cost of the foods used in the program...depending on the type of lunch served. However, you might remind your listeners that organizations such as American Legion Posts, nutrition committees, Rotary and Kiwanis Clubs can lend their assistance as co-sponsors. They can be helpful in initiating the program, in getting volunteer workers, contributions, and other parts of the work involved.

Any of your listeners who want more detailed information about school lunch programs should contact their nearest FDA Regional Office.





A Service  
For Directors of Women's Radio Programs

# Radio Round-up

## on food...

New York, N.Y.  
January 22, 1944

### YES, WE HAVE SOME COFFEE AND COCOA

You can tell your coffee-loving listeners that they can rest assured about the coffee situation for the next three months. If the shipping conditions and production remains the same throughout 1944 the average civilians may expect about four pounds more coffee...and one-half a pound more cocoa...than they had in 1943. If our expected civilian supply could be divided equally among every man, woman, and child in the United States, each person would get about 488 cups of brewed coffee, slightly more than one cup a day. This means an average of a little over  $13\frac{1}{2}$  pounds of roasted coffee per person.

Civilians will get approximately 80 percent of the total coffee supply. The remaining 20 percent will go to the United States military and war services. Over 70 percent of the cocoa is allocated for consumers. Cocoa is vital for our Armed Forces because of its products...chocolate bars and chocolate beverages, which are highly regarded as important foods. The Red Cross requirements have gone up because of an increase in the shipments of prisoner-of-war packages which contain cocoa in some form.

### AN AMERICAN LOOKS AT BRITISH FOOD

Last week the ROUND-UP carried a story about "eating out" in the United States. Here is some information on eating problems in Britain, reported by Mr. George Biggar. Mr. Biggar, assistant to vice president with Radio Station WLW, recently made an observation trip to Britain at the invitation of the British Ministry of Information.

According to Mr. Biggar, the usual eating periods in hotels and restaurants in England are breakfast, 7:30 to 9:30 a.m.; lunch,

1:00 to 2:30 p.m.; tea, around 4:00 to 5:00 p.m.; and dinner after 7:00 p.m. Places comparable to our lunchrooms and soda fountains seem to be lacking...there are very few places to get between-meal snacks.

A breakfast menu might look somewhat like one from the United States, but the ingredients in several of the foods vary considerably. Usually there is a choice of porridge or corn flakes; bacon or sausage and scrambled eggs or herring; bread or toast and tea or coffee. That sounds like one of our breakfast menus, doesn't it? But let's look at the ingredients. The sausage is about half soybean meal and quite bland. The scrambled eggs are made from American dried eggs and are good if prepared appetizingly...but few hotel chefs know the trick. Mr. Biggar tells us that he had only one hard boiled egg which in England and two fried eggs in Scotland.

Dinner usually starts with a soup...then the main course, with two vegetables as a maximum. This includes goodly portions of potatoes and such vegetables as cabbage, brussels sprouts, beans or carrots. The bread is always the same because it is made from a national formula...National Wheatmeal Flour with wheat flour of 85 percent extraction, imported white flour, oat products, barley, rye, milk powder, and calcium. The loaves of bread look like what we call "Vienna" loaves. Instead of having a choice of pies and ice cream for dessert, British restaurants and hotels usually offer some unfamiliar "not so sweet" dessert, or cheese and crackers. The meal usually ends with coffee in the hotel lounge or the living room of a home.

Many offices serve coffee in the middle of the morning. You are asked "black or white". If you say "white", hot milk is added to the coffee, as the sale of cream is illegal. Coffee has never been rationed in Britain but tea is rationed to 2 ounces per adult each week.

Mr. Biggar talked with British homemakers about their rations. Adults are allowed weekly about 25 cents worth of beef, pork, or mutton, which is a little over one pound of meat with bone; 8 ounces of cooking fats and not over 2 ounces of butter; 4 ounces of ham or bacon; 2 pints of milk per week; 8 ounces of sugar; 3 ounces of cheese (more for certain classes of workers); 3 shell eggs a month; and the equivalent of a dozen dried eggs every four weeks.

Canned meats and condensed milk are under the point system as they are here. While Mr. Biggar was over there, 12 ounces of sweets and chocolate were allowed each person during a four week period. Expectant and nursing mothers, and small children are given priority for milk, eggs, oranges and orange juice concentrate.

Of course, there are some food that aren't rationed. These include oatmeal, potatoes, root and leafy vegetables, apples, bread coffee, dressed poultry and rabbits, liver and sweetbreads, and fish. Lemons, pineapples, and bananas are unobtainable. Mr. Biggar tells about giving a lemon to one woman in England. When she thanked him for the lemon, she said "It's been over two years since I've seen a

lemon. Tonite we'll have lemonade and we'll each have a sip or two".

#### MORE FOOD FOR SCHOOL LUNCHES

A new rationing plan has been announced by the Office of Price Administration which should assure more generous amounts of food for School Lunch Programs. Under the old program, allotments of food for school lunches were based on the amount of food used in December 1942.

The revised plan is based on the number of persons served during the months of January and February and will put schools in a different category from other institutions. The new allotments are sufficient to provide the A and B lunches which FDA encourages for the school children's noon meal. In case you've forgotten, here are the contents of a Type A lunch. It includes at least one-half pint of fresh whole milk as a beverage; a two ounce serving of a protein rich food; one cup of vegetables or fruit, or one-half cup of each; one or more slices of bread made of whole grain or enriched flour or cereal; two teaspoons of butter or margarine with added Vitamin A. Type B lunch must include the same amount of milk and bread, but one-half the meat or meat alternates, one-half the vegetables or fruits, and one-half the butter or margarine.

On the monthly basis, this new allotment should be sufficient to provide one and one-half a pound of meat per child, and one-half a pound of butter or margarine. This meets the requirements set up by the Bureau of Human Nutrition and Home Economics for 20 to 22 school lunches a month.

You can help in this program by urging the school representatives to go to their ration boards as soon as possible to get their allotments. When they go to the ration board, they should know the number of children to whom the school expects to serve meals during the months of January and February. The schools under contract with FDA should state the type of meals they plan to serve. Those schools that are not under contract with FDA, should be prepared to give detailed information on the kind of meals to be served and the amount of food needed. All the importance of petitioning soon should be stressed.

#### FOOD FOR THE PEARL HARBOR OF THE CARIBBEAN

In several recent ROUND-UP stories we have mentioned that a small part of our food supply has been allocated for U. S. Territories. Although this term is very vague, the percentage is usually so small that we don't think it is worthwhile to give you the number of pounds of each food going to each possession. However, we thought you listeners might be interested in knowing about the food situation on one of these islands.

Since Puerto Rico guards the eastern approaches to the Panama Canal, it is known as the Pearl Harbor of the Caribbean. And in addition to this important task, Puerto Rico furnishes us with several of our popular foods. We rely on her mainly for sugar. We raise only about 1/3 of the sugar we consume in this country...the rest comes from Puerto Rico and Cuba. In addition, we depend on this island for molasses, pineapple, rum, and tobacco...but sugar is by far the most important

import. When we buy these items from Puerto Rico we keep thousands of workers employed there.

In turn, they are dependent upon foods from the United States. In ordinary times, they produce about 60 to 65 percent of their own food. Their most important imports from us are rice, codfish, dry beans, lard, pork fat backs, canned meats, wheat and corn flour, tomato paste and sauce. For example, they ordinarily use about 10 thousand tons of rice a month.

Therefore, during the height of the Atlantic submarine sinkings, the people of Puerto Rico almost reached the starvation point. The 30 thousand tons of staples per month from the United States went down to a low of 1800 tons during the month of September 1942. This became such a problem that the Agricultural Marketing Administration, which later became the Food Distribution Administration, began to buy food for Puerto Rico. At this time large boats were not to be had, so a land and water route for transporting food was devised. Tiny schooners and open motor boats were used to take food from Florida to the tip of Cuba. It was taken across Cuba by rail and truck, carried from Cuba to Haiti where it was carried by boat to Puerto Rico and distributed to the people there. You can imagine the time and money it took for this complicated method of transportation. So, when the submarine menace died down, the cheaper water route was again put in operation.

As soon as we got back the necessary 30 million tons of staple foods, we began to send them medicines, manufactured good, machinery, seeds, fertilizer and other items which they needed. The foods and other items which we are sending Puerto Rico are really lifesavers for the people there. And it's to our benefit to have the boats come back filled with sugar and other foods we need.

#### AND PASS THE AMMUNITION

With the large amounts of pork on the market these days, and the extra ration stamp that's allowed for pork, homemakers are naturally using more of the pork products. And this means that they will have more household fats than before. Therefore, they should be able to use ideas on the best use of these fats. Of course, the fat that isn't needed should be taken to the grocery store, but some of it can be used at home to save butter, margarine, and other cooking fats. For instance, bacon grease gives a delicious flavor to muffins...especially bacon muffins and some men prefer biscuits made with ham grease. These fats can be used in frying eggs, potatoes, or apples. A delicious way to fix liver is to dredge it with flour and then brown it in bacon fat. Reduce the heat, and cook until tender in a covered pan. Then serve the liver with a couple slices of bacon over the top. Bacon fat added to morning waffles should add an unusual, yet pleasing flavor, or you might suggest that they add bacon fat when cooking vegetables.

However, if the homemaker uses these fats in every possible way and still has some left, she should take them down to the grocery store. In case she's forgotten the procedure, you might remind her that she needs a clean tin can, to hold the salvaged fat. Because of breakage, glass containers

are not accepted and because the renderer salvages the tin cans after the fat has been removed. Fats that are discolored, burned, highly flavored, or strong in odor, are not disqualified...they are just as acceptable as clean fats.

At the present time, the one-point brown stamp is the only one that the homemaker may be given for her household fats. But she will receive two of these stamps and four cents for every pound of fat she takes to the grocer. She may use these stamps at any store selling meats, fats and oils. When the tokens become valid, they may be given in change and used in payment for household fats.

The whole procedure is quite simple...not even a form to fill out. Every homemaker should agree that it's worth her while to take used fats to the grocery store when she realizes their value in making ammunition for our fighting men. For instance, every pint of used cooking fats that she saves, will produce enough glycerine to fire four 37 MM. Anti-Aircraft Shells.... and the same amount will produce enough glycerine to manufacture 1/2 pound of dynamite.

#### GETTING AN EARLY START

Around this part of the year, it's time to remind homemakers to dig out their old pressure canners and get them ready for the canning season. It might not occur to many women to start thinking about pressure canners when their Victory Gardens haven't even been planted. But this year there is a special reason for starting early. If the canner has to be sent back to the manufacturer, it should be sent within the next month. If possible, manufacturers say that they can handle repair jobs faster if they receive the canners right away. But, by March 1st they will be working hard on the 1944 lot of new canners and won't have much time for repair jobs on the old models.

Of course, all pressure canners don't have to be sent to the manufacturer. Urge your listeners to check the canner first to see if anything is wrong with it. When a gage seems to register incorrectly, 9 times out of 10, it's only because the safety valve is clogged with food and grease. And homemakers can remedy this situation at home. All they have to do is to remove the safety valve and soak it in vinegar for a short time. If this doesn't remove all the dirt, a string should be pulled through the opening.

The gage of every canner should be checked every year before canning time, with a master gage or special kind of thermometer. In some states, Home Demonstration Agents or Home Management Supervisors have these instruments and can help with the testing. Some local dealers are able to check gages for homemakers. If there is no way of getting it checked near home, tell your listeners to unscrew the gage and send it to the manufacturer. But it must be packed very carefully because it is a precision instrument and can't stand hard knocks or bangs. When the gage is tested and ready to be put back on the canner, use plumber's paste (litharge and glycerine) on the threads to be sure of a tight seal.

Even though the War Production Board has authorized the manufacture of

400 thousand pressure canners for 1944, ... every old canner that can be put into good condition is needed. Since a pressure canner is recommended for all the common low-acid vegetables except tomatoes and the vegetables pickled before canning, it is important that homemakers have their canners in "tip top" condition... ready and waiting for the first vegetables from their victory gardens.

In case your listeners would like more detailed information about the care of pressure canners, tell them to write to the Office of Information, United States Dept. of Agriculture, Washington, 25, D.C., and ask for the bulletin, "Care of Pressure Canners".

## NEWS OF THE NORTHEAST REGION

(Cleared by OWI with an "A" essential rating)

## THREE STRIKES

And we're still not "out"...of ideas on how to use all the eggs on the market. In fact, someone called in the other day to remind this office that there was a bargain booklet in circulation of 200....count 'em....200 ways to prepare eggs. Might be worth a look-see.

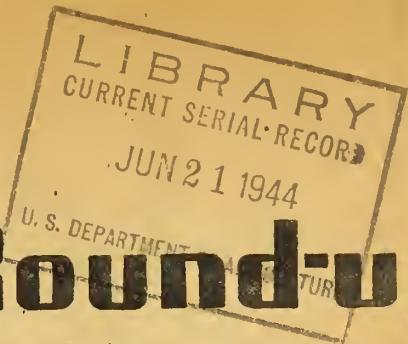
Straight from the Bureau of Human Nutrition and Home Economics came some timely tips about using egg whites in cooking. Here they are:

The temperature of the egg affects the whipping of the white and the separation of white from yolk. A chilly egg just out of the refrigerator separates most easily because the white is firm and the yolk is less likely to break. The white, however, whips best after the egg has warmed up to "room temperature".

How long to whip is another secret for the good cook. Whites should be hipped stiff, but not dry. If they are to hold their air bubbles while they are folded into a cake mixture and then cooked, they must not be stretched too thin by overbeating. Whip until the white will hold up in a soft peak and looks glossy, but not so long that it looks dry. Different beaters take different lengths of time to bring eggs to the proper stiffness. Wire whips, dover beaters, or electric beaters give equally good results, but with electric beaters the speed should be moderate. Egg whites do not whip successfully at high speed. The best bowl for whipping has a rounded bottom and gently sloping sides.

Both acid and salt help egg whites hold their stiffness. A pinch of salt or cream of tartar added at the start of whipping will give the foam greater volume and stability. On the other hand, even a small particle of fat in the white will prevent it from beating stiff. No bits of yolk should be left in the white because yolk contains fat. The heater should be free of any traces of oil.

Low or moderate heat is the rule for cooking egg white dishes.



# Radio Round-up

## on food...

A Service  
For Directors of Women's Radio Programs

New York, N.Y.  
January 29, 1944

### AMERICAN FOOD TO THE RESCUE

"American food is one of the most powerful resources on our side in this global struggle. On all fronts, on every ocean and every continent, American food is being employed as a major element in the grand strategy of the United Nations", according to Mr. Roy F. Hendrickson (former Director of FDA, now Deputy Director General of the United Nations Relief and Rehabilitation Administration). American food helped Britain hold on during the dark days of 1940...it helped the Red Army turn the tide at Stalingrad... and it played a part in the Tunisian and Sicilian campaigns. Our food made the battles easier and cheaper in lives.

As the demands for American food have increased since the war, a system of allocation has been set up. First the American civilians have to be provided with an adequate diet to meet the minimum standards formulated by the National Research Council. Second, our Armed Forces must be provided with all the food they need. And Mr. Hendrickson emphasizes that the soldier in uniform eats more than he did in civilian life...he needs more. And, in addition to meeting his immediate needs, we have to maintain large reserves of food for unexpected wartime needs. At the present time, we have the best fed Army and Navy in all history...and of course, we want to continue feeding our Armed Forces well. The constant repetition of hard tack, corned willy, and beans has disappeared from the G.I. menu...and a close replica of home-cooking has been accomplished. Today's American fighting man, wherever he may be, gets a good, nourishing, well-balanced ration three times a day.

The third requirement for American food comes from our Allies and other groups engaged in direct war effort. Mr. Hendrickson says, "Hitler could not offer food, he had to take it away to feed his own starving 'supermen'. Japan has forced the Chinese to leave their rich coastal area and scratch a scanty living from the hills and plateaus. The United Nations are already shipping some food into Hitler's Fortress Europe."

**US Department of Agriculture  
Food Distribution Administration**

Mr. Hendrickson gave Greece as an example of the countries we are helping. As Greece has very few resources, the Germans feel no responsibility for feeding these people. As Greece was not a part of the Nazi war machine, the Allies agreed that limited quantities of these essential supplies would not aid the enemy. Therefore,.... early in 1942, arrangements were made through diplomatic and military channels...and in March 1942 the first ship left with flour, medicine, and vitamins for Greece. Now there are about 3 ships leaving every month...carrying grain, foodstuffs, medicine, clothing, wheelchairs, artificial limbs, and other vital necessities for the unconquerable Greeks. These ships cross the ocean with lights ablaze and special flood-lights on the flags...the flag of Sweden and the flag of the International Red Cross. At the present time these ships are carrying approximately 12 million pounds of food every month from the United Nations...not counting medicine and other necessities.

Each nation that we take back from the enemy brings with it a responsibility for relief. It is estimated that it will take 10 to 15 years to repair the ravages of famine in Greece, especially among the children and young people. In the Pacific Island area the problem is not so acute because of the rich and productive soil. But we will find many people in China looking to the Allies for food and medicine.

Mr. Hendrickson says, "We are not trying to feed the world. We are trying to furnish large enough quantities of food in the right places to shorten the war and make easier the job of building a good peace."

#### A PROBLEM IN DIVISION

Information about large amounts of American food being shipped to our Allies and friendly countries has caused some U.S. consumers to wonder about the available civilian supply. In a recent address, Dr. Norman Leon Gold, Chief, Civilian Food Requirements Branch, Office of Distribution, WFA, emphasized that civilians were still receiving adequate amounts of food. Dr. Gold said, "Each year new records in total agricultural production have been achieved. As a result the out-put of food also made new records. It is true that the military needs expanded and the Lend-Lease program grew. But civilians got their fair share and in fact, the major part of the food. Over 95 percent in 1941, over 85 percent in 1942, and somewhat over three-quarters of the total in 1943. Moreover, because total supplies were expanding each year, the 1943 civilian share was very little different from the 1941 supply. On a tonnage basis, commercial food supplies were probably greater in 1943 than in any other year in our history. On a nutritional basis, the 1943 record shows improvement in every essential nutrient."

As far as we can see, we will continue to be very well fed in 1944. We will continue to have about 75 percent of all the food produced in this country. In fact, about 90 million tons of food will be distributed to domestic channels during 1944. In order that the civilian food supply is divided into equal shares, rationing has been necessary. According to Dr. Gold, foods are rationed because (1) the quantity available is very much below our customary consumption levels, or (2) because the consumer demand at ceiling prices is

far in excess of the available supply. For instance, the average consumer would probably buy 160 to 170 pounds of meat during the year if he could get it. But only 132 pounds are available for each civilian so meat rationing will keep the demand close to the supply. Consumers would buy at least 30 percent more canned goods than currently can be made available...if canned goods were not rationed. We have only three-fourths of the cheese that consumers would like to have,

Another step that has to be taken in order to insure an equal distribution of civilian foods is the arrangement of food for special groups...such as school lunch programs, workers in industry, babies, mothers, and invalids. About 4 million children are getting a fully-rounded, nutritious noon meal under the school lunch program. This will pay dividends for years to come. Special canteens have been established for industrial workers. Already approximately 8 million workers are getting extra energy through these meals or snacks.

A third problem in distributing civilian food is the problem of getting large quantities of food in the areas where it is needed the most. For instance, the population of some states has increased considerably since the beginning of the war...So the food needs have increased. Spreading the food equitably to all consumers is obviously the objective.

From time to time, releases of food from the Government set-asides or stock-piles supplements civilian food supplies. When this happens, an effort is made to pass these supplies into the civilian market through normal channels.

Dr. Gold said that our own domestic consumption has increased considerably since the beginning of the war. Compared with the pre-war average for 1935...39, the record of 1941 and 1942 shows an increase of 13 percent in meat consumption, 54 percent in poultry consumption, and 15 percent in egg consumption. In the peak year of consumption since 1939, canned fruit juice sales nearly doubled, and other canned fruits went up about 25 percent.

Dr. Gold ended his talk with a word about post-war planning. "Back in the 1930's we used to talk about the challenge of under-consumption. We used to think that it would need millions of additional acres of land to supply the increased billions of pounds of food that civilians would consume if given the opportunity. That theory is much more of a proved fact now. It offers a great promise to us for the post-war world. It establishes objectives for a good and lasting peace."

#### COMING UP

Here is a list of unrationed foods which should be relatively abundant during February, in all sections of the country. We thought you'd find this information helpful in connection with recipes, menus, and other suggestions:

Cabbage	Frozen vegetables (excluding corn, peas
Eggs	Peanut butter (and lima beans)
White Potatoes	Citrus Marmalade
Fresh Oranges and grapefruit	Wheat breads
Canned Green and wax beans	Rye bread
Biscuits and crackers	Cereal Breakfast foods

(continued)

Enriched or whole wheat flour,  
including self-rising and processed

Soya products, including flour,  
grits, and flakes.

## REPORT OF THE HOME FOOD PRESERVATION CONFERENCE

Probably you have been hearing about the conference on Home Food Preservation held in Chicago between January 13--15. There were so many important recommendations made by the various committees, that we couldn't possibly tell you about all of them, so we chose a few of the points which we considered the most important, and decided to give them to you in outline form.

### 1. Safeguards Essential in Home Food Preservation

Warning should be given against oven canning because of danger from explosions and danger of underprocessing. While the open kettle method is generally satisfactory for making relishes, preserves, and jams, it is not recommended for canning any food, whether tomatoes or fruits, non-acid vegetables, meat, fish, or poultry. The boiling water bath (when the jars are completely covered with boiling water throughout the processing time) is recommended for tomatoes, tomato juice, rhubarb, fruits, and fruit juices. Only the steam pressure canner, correctly used, is recommended for all low-acid vegetables.., and meat, fish and poultry.

### 2. Home canning Supplies and Equipment.

Recommendations were made that homemakers be given detailed step-by-step instructions for using all jars and other home-canning equipment. Many of the canning accidents last summer came from women not understanding how to use the wartime models of jar-tops and pressure canners. Homemakers should follow the manufacturer's instructions to the letter.

### 3. Community Canning Centers

It was felt that all agencies engaged in educational programs on the food front should assist in the organization and development of community food preservation programs whereby there is a need and interest for it.

### 4. Supplementary Methods of Food Preservation

Additional methods of food preservation may be divided into four groups ...cellar storage, salting, dehydration, and freezing. Cellar storage is a method that requires little purchased equipment. It is mainly for bulky products as potatoes, and other root vegetables. Salting is adapted to preserving meats and non-acid vegetables such as cabbage, snap-beans, corn, and greens. Drying of food for home use consists of placing the prepared products in the sun, in the oven, over the stove, or in the attic until sufficiently dry for storage. Dehydration is the method of drying fresh fruits and vegetables in a specially designed tight fitting box under controlled temperature, humidity, and air-flow. Quick freezing and holding of certain foods in the frozen condition is probably the most satisfactory method of food preservation from the

standpoint of conserving nutritive values, palatability, and appearance.

##### 5. A Coordinated Program in Home Food Preservation

State and county meetings on food preservation were planned in order to promote a common understanding and plans of action. In addition, plans were made to keep the general public informed regarding programs and achievements of the food preservation program..

##### ALL DRESSED UP, READY TO GO PLACES

Packages of American food for shipment overseas are "all dressed up" with new labels. During the past year the FDA (Now Office of Distribution, War Food Administration) has designed a standardized package label for food being shipped abroad. Previous to this, American foods were not identified so that the Russian, Arab, Greek, Italian, or French, or other recipients would know that the food was from the United States. The food went in cans or cartons with the contents, weight, lot number, and contract number, and sometimes, with trademarks familiar only to Americans...but no real identifying design on the label telling that it was American food.

So, the WFA developed a design which gives credit where it is due, based upon, but not actually utilizing, the American flag. Lend-lease, however, already had a symbol, involving the actual flag, which they wanted on all Lend-Lease foods. This complicated matters because at least 38 out of our 48 states have laws or statutes forbidding the sale of any goods with the American flag as a trademark, and it sometimes happens that food originally intended for Lend-Lease is finally distributed in the United States to meet an emergency or because Lend-Lease requirements change with changes in the battle areas. If the American flag were on the label, the product would have to be repackaged before it could be distributed in the United States. As a result, the Lend-Lease symbol cannot be used on any foods except those which positively will not find their way into the domestic trade.

The symbol designed by WFA is made in red, white, and blue/makes it even more typically American. In addition to the English language, identification and instructions for use are in as many as 14 foreign languages on a single package. So the package can be easily identified by the people receiving the food...no matter where they are or what language they speak.

##### DRIED APRICOTS FOR HOSPITALS

Part of the 1943 pack of dried apricots..which has previously been reserved for the Armed Forces and other war uses...has been released for civilian hospitals. Dried apricots are important for hospitals because of the large amounts of Vitamin A and iron they contribute to the diet. They are especially suited to the soft diet required for many hospital patients, and they add color and variety to the limited range of foods permitted on this type of diet.

Civilian hospitals will be eligible for dried apricot allotments based on the average number of patients served daily in 1942. Hospitals desiring allotments should apply to the Regional Office of Distribution, WFA.

MAKING PLANS FOR THE CABBAGE CROP

Recently, the Kraut Industry Advisory Committee and the WFA met to discuss ways and means to turn some of the Southern cabbage crop into Kraut. Last year, there was not much kraut for civilians because the kraut crop was the smallest on record, and about 90 percent of this amount was taken by the Armed Forces. On the other hand there is an extremely large production of cabbage expected in the Southern States this year, so consumers will be glad to hear that WFA is taking steps to encourage the manufacture of some of this indicated record crop for kraut to meet the demands for this product.

The kraut packers indicated that the suitability of Southern cabbage for kraut making would be improved if the growers would leave the cabbage in the fields until mature and hardened.

THE SILVER LINING

Most of the February news of brown stamp foods may have been disappointing to the homemaker, but she will be glad to know that the point values of all major canned vegetables are reduced. However, OPA denies that there will be a "point holiday" for canned foods. Adjustment of point values from month to month is determined largely by a monthly budget based on the Government of each food available for rationing. When the food moves too slowly the point value decreases.

Among the canned fruits that have been reduced are cranberries and sauce, grapefruit, apricots, plums and prunes. Applesauce, fruit cocktail, peaches, and pears have been raised in point value. Asparagus, all dry varieties of beans, soybeans, fresh shelled beans, beets, corn, spinach, spinach green leafy vegetables, mixed vegetables, mushrooms, and tomatoes lead the parade of the vegetables that have been reduced in point value.

Pure grape, fig, and plum jellies and jams are reduced, too.

INTRODUCTION PLEASE

Frozen baked beans are appearing in most grocery stores where there are facilities for frozen foods. As these are relatively new to the majority of women, they need an introduction. You'll want to remind your listeners that these beans are a great time saver because they're already cooked...they just need to be heated and served. And another thing in their favor is that they are ration freed.

THE DARK CLOUD

This is the tapering off time of the year for meat production, so point values have been raised for most cuts of beef, lamb, and veal. There won't be as much meat available to homemakers during February as they were able to buy during the months of December and January. OPA officials tell us that the total retail meat supply in January was

approximately one billion, six hundred million pounds...the February supply is estimated about 2 hundred million pounds less. Approximately half of the February supply will be pork...beef will make up the next largest proportion.

Most pork cuts, except the choicest pieces which are becoming relatively scarce, will remain at the same low values. Loin roasts, center and end chops, and tenderloin are raised one point.

Beef steak cuts are raised two points per pound. Most of the other cuts of beef, including roasts and stews are increased one point. Veal lamb, and mutton items also show an increase of from one to two points.

All cheeses made a substantial jump in point values. This is because of the great consumer demand in relation to the supply. For example, the demand for cream cheeses has been running about 50 percent higher than the amount that is allotted to civilians. Therefore, the February brown stamp chart lists cheddar cheese as 12 points, cream cheese, creamed cottage cheese and neufchâtel at 10 points, and swiss, munster, bleu up to 12 points a pound.

Although recordbreaking hog slaughterings have brought large amounts of lard to the market, great quantities are needed for war purposes as a substitute for the relatively scarce vegetable oils. During the past couple months purchases of lard exceeded the amount allotted for civilians by about 12 percent. Therefore, the increase of one point...which brings lard up to three points a pound...is expected to bring the demand closer to the civilian supply.

The best point value news for February is the four point cut in canned salmon and all other canned fish except oysters.

You will be interested to know that surveys indicate the typical homemaker spends about 11.2 points per week on meats, using the remainder of her 16 brown points for butter, cheese, fats, and canned fish. Assuming the same types of meat are bought, this amount of brown points will be good for a 2.2 pounds of meat per week during February, as against 2.7 pounds under former point values.

#### RESTRICTION OF CHEESE-FDO 92

In order to obtain the most efficient use of the Nation's milk supply, the WFA has issued FDO No. 92. This order restricts production of all types of cheese except cheddar, pot, and bakers, to the quantity produced in 1942, so that the milk supply may be further conserved. (Delivers of cottage, pot and bakers' cheese already have been limited under the Milk Conservation Order...FDO 79). This action leaves only one kind of cheese...American cheddar...with unlimited production..

WFA officials say that it is hard to predict the exact effect this order will have on the civilian supplies of cheese, because of the variable conditions such as weather, total milk output, and the effect of other milk orders. However, civilians have been receiving and are now getting about 30 million pounds of cheddar cheese a month. In addition,

during 1943 they received an average of 17 1/2 million pounds of cheese other than cottage and cheddar each month. After February first the average quantity of other than cheddar available for civilians is estimated around 16 million pounds a month.



A Service  
For Directors of Women's Radio Programs

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MAY 25 1944

# Radio Round-up

## on food...

New York, 7, N.Y.  
February 5, 1944

### BUTTER ALLOCATION

U.S. citizens...civilians plus the men and women in the Armed Forces... will get 94 out of every 100 pounds of the 1944 butter supply. Civilians will be allowed slightly more than a pound of butter a month for the present year. (This does not mean that each homemaker's ration of butter will be limited to a pound a month. This is just a per capita average... some civilians will naturally have more butter and others less.) Although this is less than the amount of butter allowed for civilians last year, the difference is so slight that the average person won't be able to notice the change. It is a decrease of only about one-third of a pound per person over the year.

As allocations are based on estimated supplies, they are definite for only 3 months at a time although they are planned tentatively for the total year. The figures may be revised upward or downward according to changing situations. For instance, the War Food Administration is working now to halt the trends which are diverting milk away from butter. Last week an order was issued to restrict the production of all cheeses other than cheddar (cottage, pot, and bakers' cheese were already limited) to 1942 levels. Some of the milk conserved by this action may be rediverted to butter. If other trends to divert milk away from butter are stopped and if farmers reach the 121 billion pound milk goal, set for 1944, the butter supply may be larger than now estimated.

During 1944, the allocation for the Armed Forces and for the war services will provide almost 1/2 pound of butter a week for every man. The figure was worked out by using the Army ration as a base. Although this quantity is a slight decrease in the amount of butter allowed for each serviceman, the total allocation of butter for the Armed Forces is much greater than the allotment for 1943...about 120 million pounds more. This increase was necessary because of the growing size of the Armed Forces. The War Services allocation has also been increased because some of the supplies going to post exchanges and contract schools which formerly came out of the civilian allocation, will now come out of the military allocation.

**US Department of Agriculture**

**Food Distribution Administration**

About one out of every 100 pounds of American butter will go to Alaska, Hawaii, Puerto Rico, the Virgin Islands, the Red Cross, some friendly nations where American workers are doing construction work and to the contingency reserve. Also a small percentage of our butter supply goes to the Russian Armed Forces. This quantity does not meet Russia's requirements...not even their military requirements...but only the amount the U.S. can reasonably supply in view of their other needs. Almost all of the butter sent there is distributed to front line shock troops and to military hospitals. Russia is the only one of our Allies to whom we send butter under Lend-Lease. Great Britain is able to import her requirements from other countries. Under reverse Lend-Lease, our Armed forces receive about 20 million pounds of butter a year from Australia and New Zealand.

#### BAKED BEANS...20th CENTURY STYLE

A modern dinner of baked beans is not such a problem for the present day homemaker as it was in Grandmother's Day. Many of today's homemakers are doing a war job in addition to their regular home duties. So, they will be glad to hear about frozen baked beans. These beans are ration free, you know. By using these frozen baked beans, a busy 20th Century homemaker can prepare a traditional dish of baked beans in a few minutes.

Of course, the method of cooking varies slightly with the different brands. Some of them have molasses added...and others may be packed with tomato sauce. However, all of them have been cooked thoroughly...they just need to be heated. If your listeners prefer to heat them on the top of the stove, suggest that they put the package of frozen beans in a sauce pan with 2 tablespoons of water.

Some homemakers will prefer to serve the frozen baked beans in the traditional way...that is, in a piping hot bean pot just out of the oven.

For additional flavor, some homemakers will want to add molasses, chili sauce, mustard or onion while heating the beans. Slices of bacon across the top of the bean pot will not only add flavor to the beans, but also make a more attractive dish.

Don't thaw the beans before cooking. However, if they thaw partly, don't attempt to refreeze them. Better results will be obtained if they are used right away. Heat them in the covered sauce pan slowly for about 15 minutes.

#### VITAMIN A ALLOCATION

A recent announcement by WFA reported that civilians will receive more than 63 percent of the total 1944 commercial production of Vitamin A. This is about the same amount as they received in 1943. As servicemen get most of their vitamins through a nutritionally balanced diet, only about four percent of this vitamin allocation will go to the U.S. military and

war services. Exports and shipments to our territories, Allies, and other friendly nations, and a contingency reserve for emergency war purposes require about 33 percent of the supply.

Vitamin A is one of the most important nutrients because it aids in the prevention of night blindness. It is especially vital to our flyers and war-workers on the night shift. Naturally, most nutrition-minded homemakers try to follow the basic seven chart which suggests foods that supply sufficient quantities of Vitamin A. The main foods naturally rich in Vitamin A, are the yellow and green vegetables, liver and eggs, and butter. But synthetic Vitamin A is needed to enrich some of the foods that are not naturally rich in this Vitamin. For instance, synthetic Vitamin A is needed to fortify margarine.

In addition, it is used for other food enrichment and pharmaceutical uses...especially for babies. It is extracted from fish liver oil, although carotene...a pro-vitamin A extracted from plant sources...is also used to some extent.

#### RAISINS FOR CIVILIANS

An addition of 54 million pounds of raisins from the 1943 crop will be made available to civilians through the regular trade channels. This makes a total of 336 million pounds of raisins released to civilians from the 1943 pack. The new allocation is being made to civilians because the present supply of raisins will fill military, civilian, and Lend-Lease requirements.

#### FATS AND OILS ALLOCATED

Civilians will have about the same quantity of fats and oils during 1944 as they averaged during the last 6 months of 1943. Approximately 44 pounds of edible fats and oils will be available per person throughout the year. The present estimates indicate that there will be slightly more than 12 billion pounds available for allocation. Over two-thirds of this total will be used as food and divided like this:...69 percent for civilians, 9 percent for military and war services, 21 percent for our allies, and one percent to be set aside as a reserve. A large part of the fats and oils allotted to non-food purposes will be used in the manufacture of soap.

#### VICTORY RECIPE-MENU CONTEST

Seven hundred dollars worth of war bonds and stamps will be given for the prize-winning recipe menus in a contest conducted by American Federation of Labor in cooperation with the WFA.

This is in keeping with WFA's program for better nutrition and proper use of food. The contestants will have to write a menu for one entire day planned around the seven basic food groups, and include a recipe for the principal dinner dish. The contest ends April 30, 1944. The judges of the contest include a representative from the WFA, two nationally known food

columnists, a consultant to the Agricultural Research Administration, and an officer of the American Dietetic Association.

#### MAKING ROOM FOR MEAT

A larger quantity of frozen fruits will be available to bakers, ice cream makers and other manufacturers. WFA is asking the cooperation of the ice cream and baking industries at this time so there will be more freezer space for meat, even though this temporary increase does not step-up the total supply that will be available under rationing. Any increase in use allowed now will be deducted later from industrial use allotments.

Primarily affected by this announcement are manufacturers making industrial use of bulk frozen fruit. Preservers and other processors do not need permission to use extra frozen fruits since their ration is not limited to stated periods. Now that most frozen vegetables are point free, hotels, restaurants, and other commercial eating places that can make use of bulk containers, can assist in moving these foods out of storage.

#### MORE EGGS FOR CIVILIANS

This year our egg production is expected to amount to almost 45 billion eggs...yes 3 and 3/4 billion dozen eggs. Out of this total supply, civilians will be allotted 75 percent. The other 25 percent...or one out of every four eggs produced will go to our Armed Forces, U.S. territories, our Allies, the Red Cross, and Liberated areas.

According to the way our egg supply has been divided, each civilian should have almost an egg a day during 1944. In fact, we civilians will have 349 eggs on a per capita basis, as compared to 345 eggs last year, 316 in 1942, and an average of about 300 eggs for the years between 1935--1939.

Eggs and egg products are playing an important role in the war. Dried eggs are being used extensively on every battlefield by the U.S. Armed Forces and allies. Along with other dehydrated foods, eggs helped break the submarine blockade of England because they made it possible for one ship to do the work of four or five. In addition, Russia is now using American dried whole eggs extensively to supply military needs.

#### SLICING THE CHEESE

This year our total supplies of cheese for civilians will average a little over 4 pounds per person. This means we can use cheese at about the same rate we have been using it since rationing began.

Although civilian supplies of cheddar cheese will remain about the same, other types of cheese going to civilians will be slightly less than last year.

Six percent of the total cheese supply will be set aside in a reserve to meet emergency civilian and war requirements and to allow for possible

shifts in production estimates. - Civilians in the U.S. territories will be allotted about the same quantity as they ate in 1943, about 6-1/2 million pounds.

The amount of cheese allocated for servicemen is increased about 5 million pounds. In addition, it is estimated that about 65 million more pounds of cheese will go to our allies and the Red Cross. Most of the Red Cross cheese will be used to feed the U.S. prisoners of war. Escaped prisoners have stated that the weekly Red Cross food packages not only maintain morale, but life itself.

As yet, no American cheese has been allocated for relief feeding in the liberated areas. Storage facilities in those countries are probably not adequate to properly care for cheese.

#### ALLOCATION OF CONDENSED AND EVAPORATED MILK

The civilian's share of evaporated and condensed milk for 1944 will remain about the same as under rationing during the past several months. About 53 out of every 100 pounds of evaporated milk have been allocated for domestic consumers. This means that there will be slightly more than 13-1/2 pounds of evaporated milk for each civilian...or this breaks down to about 15 of those 14-1/2 ounce cans. A little less than 3/4 of the total supply of condensed milk has been allocated for civilians. Of course, some people use a great deal more canned milk than others. So, therefore, the per capita estimates give the total supply picture more than they show actual levels of consumption.

U.S. Military and War Services will receive 28 out of every 100 pounds of evaporated milk. This is 379 million pounds more evaporated milk than they received last year. The increased military allocation reflects primarily an increase in the number of men overseas. As soldiers leave the U.S., the fluid milk which they have been drinking must be replaced by such dairy products as evaporated milk and milk powder which can be exported satisfactorily.

Smaller quantities of condensed and evaporated milk have been allocated for export to our territories, Russia, liberated areas, friendly nations, the Red Cross, and British Military Services overseas.

#### NEWS OF THE NORTHEAST REGION

(Cleared by OWI with an "A", essential rating)

#### IF THEY'RE HAVING COMPANY...

We think your listeners will appreciate a suggestion like this, especially during February holidays: Tell them to invite their guests to come to a dessert party, which may begin anywhere from 7:30 to 8:00 o'clock. This kind of entertaining is becoming more and more popular, and with good reason.

First of all, economy and simplicity are the keynotes of parties during wartime. And yet everyone loves an informal get together, with the old-fashioned kind of hospitality. In addition to this, the dessert party takes the place of what would usually be served at home, to top off the meal. Besides, it's eaten at a time when everyone enjoys food, instead of late at night when it's likely to give some folks a bad dream. Besides these points in their favor, the dessert party ends fairly early in the evening and makes possible the much-needed rest so essential for everyone these strenuous days.

### HOT AND LOW...

Not swing music, but fuel conservation is the issue at hand. From New England homemakers in Massachusetts come some tips on how to be thrifty with fuel and conserve gas and electricity, both vital to the war effort. Here we go:

1. Turn on a surface burner or oven just soon enough so it will pre-heat by the time the food is ready.
2. Use a pan the same size as the burner or unit. Use pans or kettles with straight sides, flat bottoms, and tightly fitting covers as these are most economical of heat.
3. Bring food to boil on high heat, then turn to low heat, just enough to keep the food boiling.
4. Whenever possible, turn off electricity and finish cooking on stored heat.
5. Don't be a lid-lifter or an oven-peeper. Learn the approximate time it takes to cook the quantity for family meals, or to bake a particular dish. Lifting and peeping releases steam from top-of-stove pans and lets heat escape.
6. Plan the oven's work shift. It's thrifty to do several baking jobs in a row.
7. Use the oven to capacity, but don't overcrowd. Vegetables may be steamed when other foods are baking or roasting if a cover is used.
8. Make full use of the deep well or thrift cooker. It is particularly good for baked beans, pot roasts, stews, and cereals which require long cooking at low temperature. Many one dish meals are fuel and time savers.
9. Follow the manufacturer's special fuel...conserving tips for the range in use.

### THEY SAVED THE CROPS...

You may be thinking..."Isn't this either too late or too early to be talking about farm labor? This is winter!"

But we're thinking ahead, like the Victory Gardeners and Home Canners, to another record year on the farms in the Northeast Region. There'll be another big call for farm volunteers, comes early spring. In fact, March has been set-aside as the month for the Women's Land Army "push". So, if you can't fit this story about farm volunteers into a program niche this week, it may be helpful at a later date.

Take a good squint at this figure...over 210,000 farm jobs were filled by non-farm workers in New York State alone in 1943.

How do you account for the impressive figure? Well, the Extension Service up at Ithaca and the War Manpower Commission says it all came out of teamwork between farm people, community, county, state and federal agencies in filling labor needs for wartime food production. The results showed up in a speedy harvest of crops and less spoilage. Approximately 160,000 workers were placed by the United States Employment Service, War Manpower Commission, only three percent of these are normally farm workers.

About 2800 Jamaicans and Bahamans were brought into the state by the War Food Administration. They were housed in 18 camps and worked more than 225,000 man-days from early June to Mid-November. Besides these, more than 5,000 soldiers, sailors and marines, along with 800 Italian prisoners of war worked in emergencies to prevent crop losses. Vacationists, high school boys and girls, and college students all pitched in...from one week to a whole season.

For housing and feeding seasonal farm workers, 57 additional camps were operated in the state in 1943. Some of the canners and growers operated their own camps, as usual. The Association of New York State Canners cooperated in recruitment, advertising, and housing. And Extension Service contributed to 40 camps for repairs, equipment, operation, payment of transportation costs for adult camp workers, and over-all supervision of farm labor program.

#### HERE'S ONE FOR THE BOOKS...

The good old dairy cow, with her big, soft eyes and slow ways has one of the star roles in our wartime food production. Milk, butter, cheese, and other nutritive milk products made from the milk she produces have reached the far-flung battle fronts, in many forms. Several Food Distribution Orders have been dedicated to her, and on how she behaves will depend what we'll have for both civilian and military needs.

The stage of her activity is the dairy barn, and the starring partner is the dairy farmer, a highly skilled technician. He must be a master in the art of selection and breeding, mixing and feeding, maintaining health of his temperamental bossie. And of course he knows milk production inside out.

Here's a story of what one single cow produced, not only in quantity, but over a long period of time. It is the story of how years are spent in weighting milk production. It is a tribute to a cow.

'Now Cow No. 149, one of the good old matrons in the University of Delaware herd, was recently sent to the butcher. She would have been 10 years old this month. And she had to be taken out of the herd, because she was just plain worn out.

In her 10 years, however, she produced a lot of milk. One of the professors in the Department of Animal and Poultry Industry there has been studying her life history and found that in her last four periods of lactation...10 months each...she averaged 14,501 pounds of milk (over 7000 quarts) and 464 pounds of butterfat, being milked twice daily at all times. Incidentally, milk weighs out at about 8 and a quarter pounds per gallon.

No, Miss 149 would not have qualified for a championship record during any of her lactations. But she had something most championship cows don't have...and that's durability. She made good records year after year without pampering. She was the kind of a cow any farmer could depend upon for a good profit.

Good... runs in the family. Now 149's daughter has taken up where her mother left off. She milks 53 pounds per day...about 25.7 quarts, with a test of 4.1 percent fat. She has fallen heir to a high production record, and at the University farm they're hoping she may have inherited the durability.

The morale of this story is that it takes years of experience and experimentation to develop high producing cows. In a dairy herd, it's the total production that counts. The cow giving good production over a long period of time is probably more valuable than the one giving very high production for a shorter period.

#### TO ADD TO YOUR "EGG" INDEX....

A couple of ideas you might suggest for using eggs as the main course in meals! (Yes, it's still "egg time", and we hope you're talking about them for all they're worth...for food value, for simple preparation, and for "fillin'" qualities.)

#### RECIPES

##### Creamed Eggs On Patty Shell

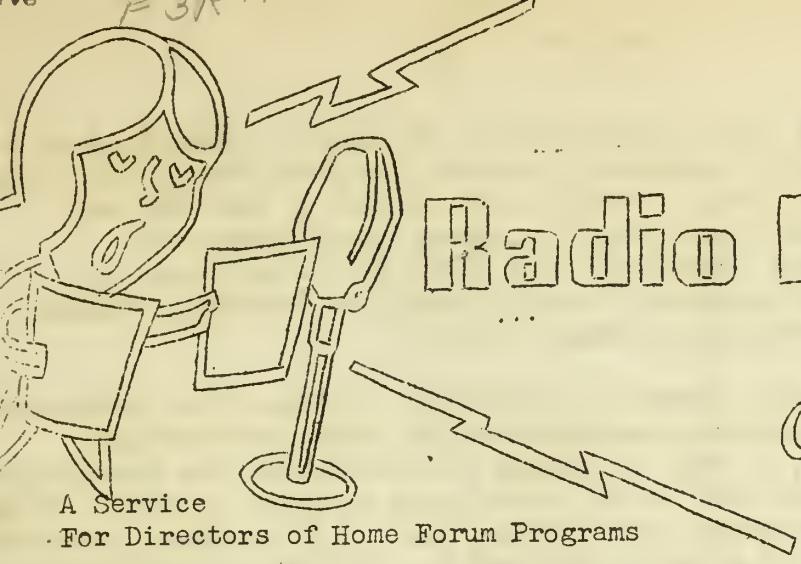
6 hard-cooked eggs      patty shells  
2 c. medium white sauce

Put yolks of hard-cooked eggs through a ricer. Cut whites into small cubes. Add the egg mixture to the white sauce. Mix well and serve hot in patty shells or on toast.

##### Spanish Rice and Baked Eggs

6 eggs       $\frac{1}{2}$  c. bread crumbs  
Spanish rice      2 T. grated cheese

Use your own favorite recipe for Spanish rice. Arrange layers of rice in a greased casserole. Make dents in the rice..Break an egg into each dent. Sprinkle with bread crumbs and grated cheese and bake in a moderate oven 350° until eggs are set. About 15 minutes.



# Radio Round-up

## on food...

New York, 7; N.Y.  
February 12, 1944

### A PEEK AT PEKIN AND PEORIA

Within the past few weeks probably you have been hearing reports about a national community food preservation conference. Some reports have mentioned Pekin, Illinois while others have told about a conference at Peoria, Illinois. The use of two names may have been confusing so we thought we'd try to give you the facts as to exactly where and when the conference was held. As a matter of fact, the Community Food Preservation Conference at Pekin and Peoria were one...that is, meetings were held at both places from January 17th through January 28th. The main conferences were conducted at Peoria, but the cannery at Pekin was used as a training center where people participating in the conference were given actual practice in operating the equipment and canning food.

The National Food Preservation Workshop Training Conference was sponsored by the Office of Distribution, Extension Service, and the Office of Education. It brought together representatives of the various agencies and groups interested in Community Food Preservation in order to discuss program planning. In addition, it actually trained those attending to conduct similar workshops at regional and state levels.

Highlighted at the conference was the need of organized effort for directing programs on a state-wide basis for the purpose of giving full coverage to all communities, to obtain the proper type of equipment, and the best arrangement for maximum production in any one unit. An interesting fact brought up at the conference is that five universities represented have already taken steps to establish canneries on their campuses where supervisors of community canneries as well as students at the universities can obtain training in setting up and operating centers.

Dean Chapman of the University of Georgia, one of the speakers, brought out a number of interesting facts regarding the community food preservation program in Georgia which began about 16 years ago. He stated that there are now more than 500 community food preservation centers in operation in that state. Last year they were used by one-third of all the families in the state.

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Food Distribution Administration

He pointed out that food preservation in the home is thought of as a woman's work. In community canneries, however, the whole family participates as was shown in a recent Georgia survey...50 percent of the work was done by women, 35 percent by men, and 15 percent by children. The participation of the whole family not only lifts the burden from the homemaker's shoulders but provides a social benefit in bringing together families of the neighborhood in a common effort.

One of the far-reaching benefits provided in community food preservation centers in Georgia, which other communities might well consider when setting up their centers, is that of making it possible for the low income groups who are in greatest need of the nutritional benefits of such a program to do their canning without any cash out-lay, usually by leaving a percentage of the finished product as a toll. The food is then made available for school lunch programs.

You might suggest to your listeners that the most effective way of getting a community canning center organized is to find a civic or other group to act as a sponsor. The sponsor usually takes the initiative in planning the project and organizing the community, often through a general community meeting at which a committee is elected. When available, it is well to include on such a committee, a business, a trained home economist, a vocational teacher, an engineer, a newspaper publisher, a health officer, or physician and members of civic organizations, garden clubs, school boards, and local government.

Within the near future a bulletin on community food preservation centers will be distributed by the Office of Distribution. This will include more detailed information about the actual planning and operation of the centers. We will let you know when copies of this bulletin are available.

#### WHAT A DIFFERENCE A YEAR MAKES

It has been almost a year since fats and oils went on the ration list. Within that time American homemakers have been adjusting their cooking habits according to their allotment of ration stamps. As fats and oils were included on the same color ration stamps with meat, cheese, and canned milk, homemakers had to decide how many stamps to slice each group of foods. Naturally, some homemakers prefer to use more ration points for meats and others would rather buy more fats and oils.

In order to determine what changes the rationing of fats and oils has made in the diet and in the preparation of food, the Bureau of Agricultural Economics recently made a survey in four counties of the Southeastern part of the United States. The people in this area are large users of fats and flour in home cooking. The survey included rural and small town areas, in addition to one large Southern city.

Ninety-three percent of the homemakers interviewed had changed their baking, cooking, and frying, habits since the war. Elderly couples whose

health required special food; and rural and suburban families with little cash income but a larger than average quantity of home produced foods were the only ones which reported no change.

Rationing of fats and oils brought about changes in both the methods of frying foods and the amounts of food fried. The most common change in method was to fry with less grease and use the grease over again. Several women said they have been doing more boiling, stewing, or broiling food since rationing and less frying, in order to save fat.

Before the war, ninety percent of the women bought some bread and made some. They differed greatly as to the relative proportion of purchased and home baked bread. About half the ones interviewed had changed their bread habits since rationing. Most of these people who changed make less bread now. The reasons for baking less bread varied. One homemaker bought more bread in order to cut down on the use of lard so she would have more ration points to buy canned milk for her baby. The rising cost of shortening, eggs, and other ingredients caused some families to eat more store bread. Some women bake less bread because there were not enough members of the family left at home to make baking worthwhile...the boys were in the Armed Forces, and others were working in war plants away from home. But the main reason for less home baked bread was the rationing of fats and oils. In order to have more meat for their families, homemakers had to voluntarily cut down on their purchase of fats and oils.

A few women who made more bread thought it was cheaper to satisfy large appetites with homemade bread. Typical of a few rural or small-town homemakers who baked more for patriotic reasons was the farm woman who said, "Country people cook about the same...I do bake more. I eat the flour and don't buy bread now because I feel others need it."

According to these interviews, a striking decrease in baking cakes and pies has taken place because of sugar rationing, rather than the rationing of butter and shortening. Some of the women said they had made about two or three cakes and pies throughout the past year, while they formerly made these products once or twice a week.

About half of the city dwellers interviewed had too few red-brown stamps to maintain the same cooking practices as before meat rationing. Most of the rural homemakers, on the other hand, were better off because more of them produced their own lard, butter, and meat. They often had unused points because they didn't like to bother with stamps; and they liked to be self-sufficient and independent of stores and rationing. One rural homemaker proudly said, "I try to live out of my own garden. I have my own vegetables, chickens, eggs, milk, butter, beef, pork, lard, and mutton."

The amount of butter bought had decreased in both rural and urban areas since rationing. Shortages of butter in the stores was an important factor, but the main reason for buying less butter was to save points for other foods on the same color stamps.

This survey shows the homemakers in these four counties are patriotically adapting themselves to wartime food conditions.

RICE ALLOCATIONS

The civilian share of rice will be about 6 pounds per person during 1944...slightly less than the per capita consumption during recent years. This means that civilians will have approximately 7-1/2 million 100 pound bags, or about 42 percent of the total supply of milled rice. Civilians will share the total prospective rice crop with the U.S. Military and War Services, our territories, our Allies, and liberated areas.

Our military forces and war services have been allocated 6.8 percent of the supply. About 45 percent of the crop will go to our territories and our Allies, other friendly nations and liberated areas, to effect drastically curtailed supplies from principal rice-growing areas of the world. For instance, rice is a major item in the diet of Hawaii, Puerto Rico, and the Virgin Islands...and we expect to meet their minimum requirements for this year.

In the pre-war days, China, India, Burma, Thailand contributed the large proportion of the world's rice supply. Even in 1942, only slightly more than one percent of the world production of rice was from the United States. But today, the tables are turned. We are exporting rice to Canada, Cuba, the Caribbean defense zones, Hawaii, Puerto Rico, Alaska, Russia, and other friendly nations. And in addition to this, American rice growers are supplying the needs of the Armed Forces and the home front.

SAVE THOSE HEN GRENADE CONTAINERS

Eggs are plentiful. More eggs mean more egg cartons in many homes. Ask your listeners not to destroy them. Salvaging egg cartons is more important than most folks think it is.

Probably the easiest way to salvage egg containers is to add them to the waste paper collection. Then the cartons will be re-processed along with the rest of the waste paper.

However, before a homemaker relegates empty egg cartons to the waste paper collection, it would be a good idea for her to check with her local grocer. There is a good chance he'll be interested in having clean, undamaged cartons make another, or several more trips as egg containers. The egg men are faced with a real problem when it comes to getting egg cases (they hold 30 dozen and the cartons which hold one dozen.)

CUTTING THE FROZEN VEGETABLE BLOCK

Now that most kinds of frozen vegetables are point-free, homemakers will be more interested in them than ever before. And they will be glad to hear that the civilian supply of frozen vegetables for the next few months will be larger than ever before. For the pack year as a

whole from last July to next July...Civilians will receive 158 million pounds or about 28 million pounds more than they consumed during the year before. The total production of frozen vegetables during the pack year is expected to reach an all-time high of 233 million pounds by June 30th.

Almost all the rest of the frozen vegetable supply will go to the armed forces. By the end of June they will receive over 74 million pounds for the pack year. During the 1942-43 crop year the armed forces received 32 million pounds. A small quantity...slightly more than a million pounds...of frozen vegetables will be sent to Hawaii during the first half of 1944.

The principal vegetables included in this allocation are snap beans, lima beans, corn kernels, peas, spinach, broccoli, brussels sprouts, cauliflower, and corn on the cob.

#### DIVIDING THE POWDERED MILK SUPPLY

Powdered milk...both dried skim and dried whole milk...will continue to be used mainly for war purposes during 1944. The need for dried milk is acute in England, Russia, and many other countries. About 260 million pounds of skim milk powder and almost 57 million pounds of whole milk powder have been allocated to Great Britain, Russia, Liberated areas, U.S. Territories, and U.S. prisoners of war (through the Red Cross).

U.S. Military and War Services will receive approximately 58 million pounds of skim milk powder and 54 million pounds of whole milk powder. This is more of both types of dried milk than they consumed last year.

Although the large part of dried milk supply will go for war purposes, civilians will continue to receive millions of pounds of both types of dried milk in the form of enriched bread and other bakery products, soups, candy, ice cream, and baby foods. In fact, civilians have been allocated 158 million pounds of dried skim milk and 19 million pounds of dried whole milk in 1944.

#### WAX ELOQUENT ABOUT BEANS

Canned green and wax beans are likely items on the ration-wise home-maker's shopping list these days. The 1943 pack was large and the government requirements were not as great as was expected. As a result, there are large quantities of these canned vegetables on grocer's shelves. In case some homemakers have forgotten, it may be worthwhile to remind them that green and wax beans are among the few canned vegetables with a point value of zero.

As for the nutritional value of canned green and wax beans...they are listed in group one of the Basic Seven Food Chart (with the green and yellow vegetables). They contain some Vitamin A, and small amounts of

the three B vitamins...thiamine, niacin, and riboflavin. In addition, they are a good source of calcium and iron.

Since these food values are distributed throughout the juice as well as the beans themselves, urge your listeners to use the liquid from the canned beans. If homemakers aren't able to serve all of the juice with the vegetable, they should save it for other purposes. For instance, the liquid from a can of green or wax beans will add flavor to sauces, soups, and gelatine dishes. Or it may be chilled and used, either alone, or with other vegetable juices, for a before-dinner cocktail.

#### CABBAGE BY THE CARLOAD

A bumper crop of cabbage is on its way to market...a crop half again as large as any winter crop of green cabbage ever produced. That means that cabbage will be an abundant food...in fact it has been designated by the War Food Administration as the nation-wide Victory Food Selection during the period from February 24th to March 4th. The term Victory Food Selection means that the food is abundant; and Uncle Sam wants it used now...and used freely. Carloads of crisp, green cabbage will be rolling in from the broad fields of Florida, California, Texas and Arizona. From February 24th to March 4th you'll want to talk about cabbage whenever you can, for when the homemaker uses cabbage she'll be helping the war effort by taking pressure off less plentiful foods, and at the same time she'll be giving her family a palatable combination of necessary vitamins and minerals.

Some of this cabbage now pouring into the market will be dehydrated and sent to our armed forces abroad, and to our allies. Much will be served to our armed forces here...and some small amount will be used to replenish our kraut supply which is rather low at this time...but that still leaves a big balance to be incorporated into wartime menus.

Cabbage is valuable "currency" for the nation's food bank...for it is rich in Vitamin C and contains as well, some Vitamin B-1 (thiamine) some Vitamin B-2 (riboflavin) and some niacin. This new green cabbage adds Vitamin A to that opulent list, as well as the minerals...calcium, iron, and phosphorus.

For food value and delicious flavor, raw cabbage dishes are best, of course...but when it is used this way, it should be as fresh as possible (though it stores well in cool dry places). Furthermore, it should never be soaked, and should be washed quickly. If it is cooked, add meat flavor for zest and variety, or scallop it, cook it in milk, or pan it. Raw cabbage in a tangy salad combines most successfully with a dozen other vegetables and dried fruits. In fact, these firm green heads are a thoroughly worthwhile topic of radio conversation.



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MAY 10 1944

# Radio Round-up

## on food...

A Service  
For Directors of Women's Radio Programs

New York, N. Y.  
February 19, 1944

### NEW RATIONING 'RITHMETIC

Tokens of OPA efficiency will be part of America's food buying operation beginning Sunday, February 27...for that's the day that those little red and blue rationing tokens everybody has been hearing so much about will become valid. Red is used for meats, fats and canned fish. Blue is used for processed foods...and each token will have a value of one point. Mrs. Homemaker will receive them from her grocer, as change for red and blue stamps, in Book 4. These stamps, regardless of the value printed on them will advance on February 27, to ten points each.

It's an easy system really...everything in one book, and tokens for change. It's like using dimes and pennies...the ten point stamps are dimes, and the tokens in change the pennies.

Less confusion is the keynote of the new rationing program...for each group of stamps has a definite expiration date...and the instant they become valid, the housewife will know how long they will stay that way...and just when they expire. In this way, she can budget her stamps over a definite period of time..., and have a more even schedule for meat and processed foods. It makes it easier for her retailer too, because that last minute rush nightmare can be pretty much avoided.

You might ask your listeners to bring their No. 4 book to the radio...turn first to the page of blue stamps and explain thus: Beginning February 27, each red and blue stamp in book No. 4 will have a value of ten points. On that date, the first five blue stamps become valid...A8, B8, C8, D8, E8. They will be valid until May 20. Then on April 1...and the first of every month thereafter...another group of blue stamps becomes valid. Each group is valid for one month and twenty days.

Now, ask your listeners to turn to the page of red stamps in the No. 4 book. These too, will have a value of ten points each. On February 27,

WAR FOOD ADMINISTRATION  
Office of Distribution

three red stamps become valid...A8, B8, C8. Two weeks later (and every two weeks after that) three more red stamps can be added to the food budget. The first series of red stamps are good until May 20th.

The homemaker will give her dealer the red and blue stamps at ten points each...she will receive tokens in change. The tokens have no expiration date.

Now, one more word. Perhaps your listeners will still have a few Y and Z brown stamps in Book No. 3. Well,,Y and Z may be used through March 20th. But...no tokens will be given in change for these...for their value remains as printed on each stamp.

#### THAR'S GOLD IN THEM THAR HILLS

A soybean doesn't make much of a hill, but the food value contained in its product is as rich and valuable as a vein of gold.

Soya is like an actress who has played bit parts for many years...a player without a press agent, capable of great things, but long unsung. Then suddenly she finds herself well on the way to stardom...her name on many lips.

Soya isn't new, you know...it's as old as civilization. A Chinese emperor first put it on record nearly three thousand years B.C...and through the centuries it has remained one of China's five sacred grains, mentioned by poets and philosophers. Chinese missionaries brought soybeans into Europe early in the 1700's...and about a hundred years after that it made its debut in America...In Pennsylvania, where farmers discovered it grew very well. Nothing much was done about it, however, until early in this century, and even then its progress was very slow. The comparatively small amount used for the table had a beany flavor, that people didn't like. But finally, in the late 30's, this taste had been entirely eliminated. It appeared a bit more often on the family dinner table...manufacturers and farmers had learned its value...but Mrs. America was still wary of the whole thing.

In the last few years, your listeners have been hearing a lot about soya products, but the average homemaker is reluctant to introduce to father and the children, any departure from the usual. She knows, vaguely, that soya is a valuable addition to the diet...but perhaps not specifically the reason.

It might be a good idea to tell her again that soya is rich in minerals...contains an affluence of Vitamin B-1 and B-2...and that soya flour is one of the richest in protein of all known foods. (And don't forget to add that soya is a protective food...one of the Basic Seven.)

In many regions the homemaker has learned to use soya,, but in many more, your listeners are just beginning their soya education. Perhaps you can help them make the important discovery.

Soya flour and soya grits may be purchased practically anywhere...now...in one-pound or larger packages. Soya grits are coarser than flour. A muffin, bread or meat, to which a small amount of soya has been added tastes like

the same thing made with ordinary flour. Remind your listeners that soya flour and grits contain no gluten, therefore must be used with wheat flour in baked foods. Specific recipes are available or small amounts can be used to replace wheat flour...as an example...two tablespoons of soy flour in a cup of wheat flour. Soya flour is excellent in all breads, cream soups, sandwich filling. Soya grits are successful with meat dishes, fish and vegetable casseroles. Soya flour can also be added in small quantity in making gravies and sauces, but wheat flour has no thickening qualities.

Tell your audience about soya's main job...to nourish. It takes lots of moisture and a good deal of seasoning...for it is very mild indeed. But anything containing soya will brown to a rich golden color...so tell the homemaker to try it with baked foods and with sausage, fried, mush and potato cakes. And remember to add, that, together with the appetizing appearance of the finished dish, the nutritive value of soy protein is extremely important to every member of the family. If your listeners would like recipes...you might suggest Department of Agriculture Bulletin AWI--73.

#### TIME AND A HALF OVERTIME FOR HENS

Hens are working the swing shift these days, like many other good Americans, and are expected to produce 45 billion eggs this year. This means that Mr. & Mrs. Civilian and all the little Civilians will get on the average of nearly an egg a day...more than enough to supply the minimum of at least four or five eggs a week...the requirement of eggs as a protective food.

Mrs. Civilian has been aware, with some pleasure, of the gradual decrease in the price of eggs...a decrease which usually continues well into April. This means that the breakfast egg will be supplemented by eggs used in main dishes at other meals. The clever homemaker will welcome these egg dishes for her Lenten menu, and as an alternate for meat, too. And it's pretty safe to say that the Easter Bunny will do a flourishing business at the same old stand.

So remind your listeners to whip out the good old card files of recipes... and put this wonderful dividend of fresh eggs to work for her family.

#### ANOTHER "DON'T WASTE IT"....YOUR PROCESSED FOOD EXPECTATIONS

Share the crop...that's the principle that your radio listeners will have to keep firmly in mind as they budget their blue points during 1944. For although the food processors have made a gargantua effort, and produced a maximum amount of processed foods during the past year, and hope to produce even more during 1944...more processed food must be allocated to the Armed Forces and our Allies.

If your listeners like specific amounts and percentages, you can tell them that the Government will need 92 million cases of canned vegetables which is about 70 percent of the total supply. That means that for civilians there will be less than they have had during the current season and considerably less than they used during the 1941--42 season. In fact, of the twelve fruit items...the supply will be about 17 million cases as compared with 30 million cases last year. Roughly, we will have slightly more than one-half of the amount of

fruit. Of the fourteen vegetable items, ~~civilians~~ will have about 104 million cases instead of the 128 million cases they enjoyed last year. That sounds a bit depressing...but when the homemaker stops to consider the destination of most of our processed foods, she will cooperate in every way. She may even start a Victory Garden and do her own home canning.

Dehydrated vegetables play an important part in the overseas food program, and the Government will need more of them than ever, this year. However, there'll be some changes in the kind of vegetables that will be used. Potatoes take top place as they did last year...and onions and cabbage will form a large part of the shipments over the sea. But there will be fewer beets...not so many carrots.

Dried fruits will be ever so slightly more plentiful for civilians...and about the same for the Army...but taken as an over-all picture, the demand is still far greater than normal. That means, of course, that a large amount of the fresh fruit crop must be allocated to fruit processors.

During the last years, homemakers have been learning the delight, convenience and excellent flavor of frozen vegetables and fruits. The demand for them has grown, and once they have been used in the home, the homemaker usually becomes devoted to them. Naturally your listeners will want to know just what her prospects for their continued use will be. Well...the demand for frozen foods will be enormous...far greater than the supply. But the Army will require only 50,000,000 pounds...while the civilians will need 250,000,000 pounds...just five times as much. So it is fairly safe to say that there will be little change in the frozen vegetable situation.

Then there's the problem of containers. At present we have enough tin and glass to pack all the food needed. However, metal is still critical...and it isn't at all likely that additional items can be added. Therefore...urge your listeners to conserve tin cans carefully...also glass jars for their home canning. For containers are vital.

We hope your listeners will realize the maximum effort that must be exerted by the processors. They must have enough raw material...and the civilian MUST have enough fresh fruit and vegetables as well. In order that each will be satisfied, the OPA and the Office of Distribution will coordinate their efforts to establish price ceilings to regulate the amount of fresh food for each.

Your listeners are aware that last year the Government released and resold about two and one-half million cases from stock, to civilians. This was due in part, to shifting military operations. At this time, however, the entire Government stock has been designated for some war need, and it is not at all likely that any further stocks will be released for civilian channels.

#### FROZEN BUT NOT STATIC

The WFA has analyzed the amount of food on hand in cold storage warehouses and packing plants, and the over-all picture shows a definite increase over the amount last year.

Stocks of fresh and frozen fruits are either slightly decreased or remain about the same as last year, but when we examine the comparative figures of butter, and dairy products, we find a sharp rise. For instance, while there is about nine-times the amount of butter stored last year...about half again as much cheese...more than three times as many eggs, about half again as much frozen poultry, the totals are only a small percent of our 1943 production, such as about 4 percent of the butter, and a little over 1 percent of the eggs.

Meat, as an over-all picture shows a rapid up-trend, too. More than twice as much beef is in cold storage than there was last year, and about three times as much pork. Quantities of lamb now in storage in packing plants and warehouses are greater, too than last year.

While the quantities are sharply increased, this amount will be used for military forces and Lend-Lease operations as well as for civilians...and as the war program is stepped up, these commodities are moving out of storage for immediate use, at a speed much greater than that of last year. With the government purchasing the largest portion of its yearly requirements during the heavy marketing seasons, we just can't get around having greater quantities of food in storage at the present time. For instance, the heavy livestock marketing season has been in progress for several weeks. Government purchases must be heavy now so in the slack marketing season, government war needs can be filled without drawing on rather low supplies later this spring and summer. Butter stocks are high now compared with this time last year. But here again the government bought heavily last summer when production was high to meet war requirements this winter. In fact the government has not bought any butter since last October and will not buy again until April. All the butter production is going to civilians during that period.

#### ANOTHER PORK BONUS

In order to move some of the large supplies of pork, the CPA has granted homemakers a third pork bonus. Spare stamp three in ration book four will be good for five pounds of pork through February 26th. This spare stamp differs from the former ones in that it is good for cured as well as fresh pork. That is, spare stamp three may be used for ham, bacon, canned meats that are 100 percent pork, and all sausages...in addition to fresh pork.

#### CABBAGE STOWAWAY

With cabbage taking top honors on the list of abundant foods on the market, and being awarded the title of Victory Food Selection...the homemakers naturally wants to cooperate in every way by using cabbage as frequently as possible. This means searching for new ways to serve cabbage, in addition to the recipes for cooked and raw cabbage and her experiments in combining it with other foods.

Brined cabbage, which tastes like kraut, and stores well for several weeks, is easily and quickly made at home and in small quantities. The right proportions are eight teaspoons of salt mixed to four pounds of chopped cabbage.

Glass jars of the two-quart size make ideal containers, for they hold exactly four pounds of cabbage, and take up very little space. Brined cabbage is ready in about ten days, and is delicious for several weeks...it is another method of using cabbage...it can be prepared well ahead of time...in fact, brined cabbage seems ideal for the kitchenette size family.

Of course, there's the method of using spring cabbage for making kraut in crocks, too. This is more complicated, but it makes larger quantities and keeps longer. The listeners who want specific instructions for the crock method, will be interested in farmers' bulletin no. 1932.

Commercial kraut, being processed now, will not reach most markets for some weeks. Most of it will go to market in kegs, although a limited amount will be released in tins. In view of this, your listeners will probably want to try the brined cabbage method at home. \*\*\*

#### NEWS OF THE NORTHEAST REGION

(Cleared by O.W.I. with an "A" essential rating)

#### SHOPPING...FRENCH STYLE

Came Valentine's Day, came another interesting party sponsored by the Common Council of American Unity...in New York City. This time the high-spot was food from the pots of our Western Mediterranean neighbors. But besides the goodness of the menu, there was much good talk. Here's a piece of it gleaned from Mme. Denise Davey, of the Fighting French Relief Committee, who reported the following diary of a French Housewife's Day:

##### Thursday

7:30 AM Went to the bakers...got my ration of bread. There may be some rusks at 11:00 o'clock.

9:00 AM It is a meat day, but the butcher says he can't give any out until Saturday.

9:30 AM Went to the dairy. They don't expect any cheese to be delivered until 5:00 PM in the afternoon.

10:00 AM Queued up at the Tripe Shop...My number (32) will only pass about 4:00 o'clock.

11:00 AM Stood in line again at the bakery...There were no rusks left by the time I got in with my number (52).

1:30 PM Greengrocer's...He will have some vegetables at 3:00 o'clock.

4:00 PM Back to the Tripe Shop. Managed to get a small sausage made of chitterlings.

5:00 PM Waited at the dairy. The cheese had been delivered earlier than they had expected so there was none left for me.

5:30 PM Back to the Green-grocers...no vegetables at all...just one head of lettuce left.

Total for the day...9 errands...more than five hours running to and fro waiting in line.

Bought...some bread...one small sausage...one head of lettuce.

With our current list of plentiful foods...vegetables, eggs, and grain foods among others, this story gives plenty of food for thought if not much of the kind you can eat and taste.

#### WHEN YOU WANT TO WHIP UP A QUICK ONE...

And there are few homemakers these days who don't have to serve a meal on rather short notice. So, in deference to those who fall into this category, these are some of the time-saving ideas contained in a new leaflet issued by the New York State Emergency Commission. ("Meals That Can Be Quickly Prepared")

If you cook a goodly amount over the week-end don't use all the left-overs for one meal. Instead, use part of the food to shorten the preparation time for several different meals.

While cleaning up after one day's dinner; start some preparation for the following day...such as boiling potatoes, baking apples, chilling gelatin.

Have the right tools for the job: sharp knives, a cutting board, a good stiff vegetable brush, etc.

Think ahead; start those foods first that take the longest time. Make sauces in large quantity, reserving the extra portions for later use.

Use raw fruit and vegetables in salads and desserts.

Then, in addition to all these things, there's the Basic Seven Food Plan to consider in every day's meal planning. So it's necessary to know food values in order to replace one food with an equally nutritious one when it may be necessary.

#### NORTHEAST VEGETABLE BIN:

ALL MAJOR MARKETS.....Cabbage, of course. And here are some notes on its history. As long ago as 4000 years back, men were eating leafy, wild cabbage found on the coast of Europe and North Africa. Seeds of the domesticated plant were brought to this country as early as 1560, by the French explorer, Cartier.

Stored in a cool, dry place, a week's supply of cabbage or more, may be kept on hand. And it takes less time to wash cabbage than it does other greens...a real advantage when every minute counts. These are just a few additional points in favor of this popular vegetable.

NEW YORK:

Snap beans, broccoli, carrots, cauliflower, celery, collards, escarole, kale, lettuce, radishes, spinach, parsnips, and turnips...and POTATOES. Remember those excellent buys in oranges and grapefruits.

BALTIMORE:

Carrots without tops, (Incidentally, there's no difference between the food value of topped and bunched carrots.) Spinach, broccoli, turnips, cauliflower, new cabbage, and white POTATOES.

PHILA.

Plenty of fresh vegetables, with fine quality spinach, kale, collards, lettuce, and cabbage selling at summertime levels. Large-sized bunches of beets, broccoli, and heads of cauliflower are moderately priced. White POTATOES again.

PITTSBURGH:

Cauliflower, very moderately priced. And here are those greens again: Spinach, chicory, endive, escarole, kale, and collards all quite reasonable. Liberal supplies of fresh beets, carrots, parsnips and turnips. And again...plenty of POTATOES.

BOSTON:

It's lettuce and spinach in the lead, with bunched carrots also in the list of plentiful vegetables, as well as POTATOES.

CHECK THE LOCAL MARKET CONDITIONS BEFORE BROADCAST.

THIS CHEESE STANDS ALONE...

American Cheddar Cheese is getting a lot of attention these days. As a nutritious food that keeps well and ships easily, it's high on the list of wartime foods. So the milk and dairy folks are devoting a lot of research to Cheddar, chiefly in the interest of saving time in curing it.

Ordinarily, it takes about six months to develop that rich, tangy, flavor. Dairy researchers in the U.S.D.A., however, are working on a method which they hope will enable manufacturers to cure American Cheese in about three months. Young cheese used for lend-lease would have much more flavor by the time it arrives overseas. Faster curing would save time, labor, and expense in producing aged cheese for us here at home.

With good quality pasteurized milk, the investigators are getting better results by using starter strains of *Lactobacilli* that have not been commonly used heretofore, and by ripening the cheese at about 60 degrees Fahrenheit, instead of the usual 50 degrees.

Besides working on this new, quick-curing method, investigators have also completed laboratory work on a new method of dehydrating cheese. The new method doesn't require the use of spray-drying equipment. This will release the particular type of critical equipment for other purposes. Cheese in dehydrated flakes weighs 35 percent less than the original cheese. When the flakes are further compressed into bricks, the dehydrated cheese will take about 2/5's less shipping space.

\*\*\*NOTE TO BROADCASTERS: We can supply you with directions for brined cabbage upon request.\*\*\*



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MAY 10 1944

# Radio Round-up

on food...

A Service  
For Directors of Women's Radio Programs

New York, N.Y.  
February 26, 1944

## PLUG POTATOES...ANY VARIETY

Potatoes are still with us in quantity, and listeners should be reminded, from time to time to use them freely and often. We don't want any of the biggest potato crop in history to go to waste.

Tell them about various ways to use potatoes. In salads, as a vegetable, prepared in all the orthodox ways...as a main dish, spiked with bits of meat or baked and stuffed with creamed meat or other vegetables or mushrooms. Vitamin content is important to stress too...particularly the fact that potatoes are rich in Vitamin B-1 and C. The old fashioned boiled potato in its jacket has come into its own again...and that's a fact to plug. For research at the Bureau of Human Nutrition and Home Economics has shown that potatoes boiled in their jackets hold twice as much Vitamin C and three times as much Vitamin B-1 as baked potatoes.

And again...potatoes...potatoes and...still more potatoes should be suggested to homemakers, as a further step in helping the war effort.

## MORE WITH LESS

And we take off our hats to the American homemaker. She is continuing to give her family more nutritive value with less food during these critical war years.

Since 1941, we have provided food for the best fed Armed Forces in the world and sent food to our Allies. We have already started to send food to re-occupied countries. That meant that your listeners and hundreds of thousands of homemakers like her, have had less variety of foods to work with. But in spite of the fact that her "food tools" have been restricted, with her usual ingenuity, the homemaker, has provided interesting meals for her family...and what is more, a diet that carries a greater nutritive value.

There is no doubt about the fact that Mrs. America has changed the eating habits of her family. And for the most part, from the nutritive standpoint, these changes have been for the better. For instance, more than half the city folks and a third of the small town and country folks fry less these days. That's because they save points and money. In so doing, they add health value to the diet. Only about one-fourth as many pies and cakes are being baked in homes because of sugar rationing...in fact less sugar was the universal rule in 1942-43...and that meant fewer calories.

Because the homemaker has less to do with, she is using imagination, ingenuity and intelligence in the preparation of the supplies she can procure. She absorbed nutrition education...she applied it practically. As a result, the actual intake of food value has risen. Protein consumption, for instance, has risen about 9 percent above the 1935-39 level. More than half the amount has been derived from milk and eggs, fish, meat and poultry.

Vitamin A value is essential to the growth and development of children and a shortage may lower resistance to disease. This vitamin is derived from eggs, milk, butter and liver; from vegetable sources (especially the yellow and green vegetables). It has remained pretty constant, and at a high level.

Vitamin C consumption, which helps to keep teeth and gums healthy, and is needed by the tiny blood vessels all through the body, has increased about 14 percent since 1930. Large quantities of Vitamin C are found in citrus fruit and tomatoes, and your listeners might be interested to know that in 1943 American families were eating just twice as many oranges as they did in 1930.

Calcium and riboflavin (known as Vitamin B-2) have increased in consumption. Milk and milk products have been largely responsible for this. Since 1934 folks have been drinking <sup>more</sup> about 25 percent milk, and have increased their calcium and riboflavin by about one-fifth. Calcium, your listeners will remember, builds bones and teeth...riboflavin promotes growth, and is essential for normal nutrition at all times.

Iron, an important nutrient, is fairly well supplied in average diets, and under the enrichment program, more iron has been added to flour. Vitamin B-1 has also been added to the enriched white bread and flour, supplying much of this valuable vitamin to the national diet. Homemakers have been sharply aware of the value of B-1, and the figures prove their interest, for the average quantity of Vitamin B-1 in 1943 was 36 percent higher than during the 1935-39 period. Twenty-four percent of this was due to the enrichment program of grain products...a program which our smart homemakers have welcomed and put to good use.

Still more of the protective foods are needed...nutrition education, despite the encouraging results, must still go on. Plug it early and often, and in the plugging never neglect to give the listeners a compliment on the job already done.

### THIS LITTLE PIG WENT TO DINNER

Vermont has long been known for it's turkey, but Vermonter's used a state occasion the other day, to exemplify the need for making full use of our pork supplies. And at an important dinner, a small roast pig usurped King Turkey's place on the platter of honor.

The occasion was a state one in every way...a meeting of a farm organization at Colchester, and the guest of honor was Governor William Wills. When the Governor came into dinner, he saw nine long tables...and on each table was a small pig, roasted to a golden brown.

Well, Piggy...yes, pork in all forms...has a place of honor on the nation's dinner table, too, for he tops the list of abundant meats. Folks might do well to follow the example of these Vermont farmers, and whether roasted, or served in other ways, to use pork...and use it now.

### TEMPORARY CHANGE

...for the food rationing system. Just so your listeners won't be disturbed during the first three weeks of the new rationing operations (from February 27 to March 20) better remind them that one point green stamps may be given as change along with tokens. On March 20, the green stamps run out...and all "change" will be given in tokens from that date onward.

### HOME CANNING FUTURES

Many Victory Gardens, which are still a seed in the homemakers' mind, may take root and sprout into action when it is known that the War Production Board has released half a million cold pack canners for home use.

As many of your listeners sadly know, these cold pack home canners have been out of production since 1941...but now manufacturers will be allowed to make half as many as they did in the 1940--41 season. And that will encourage many a homemaker to start plans for her summer canning campaign.

The canners are made in one size...the size that holds seven quart jars, or nine pint jars...and they'll reach the market some time after April first. These are the enamelled cold pack canners used for canning acid fruits and vegetables by the "boiling water bath" method.

### TOP DRESSING FOR CROP CORPS

This year all women and girls who aid the war effort in the production of food, feed and fiber, may wear the trim comfortable uniform worn until now only by the Women's Land Army. This means that girls under 18, who are called Victory Farm Volunteers, and women and girls who help in the farmhouse, releasing others for work in the fields, are eligible to wear the uniform, too.

The Crop Corps Uniform is smart, well cut, comfortable, and feminine,,

too, despite its very practical use, it's hard working active and durable, but it doesn't forget to be attractive. The colors of the uniform are light and dark blue. The entire ensemble consists of a light blue cotton shirt (either short or long sleeved) Navy cotton twill overalls, and a light and dark blue visored cap. The total cost of these three pieces is \$6.20. The garments may be purchased separately and a dark blue cotton twill jacket may be purchased at an additional cost of \$2.50. The cap and overalls carry the insignia of the Women's Land Army or the Victory Farm Volunteers.

Every woman has learned the value of well-cut clothes, and likes them even when she is doing an active job. She will approve of the Land Army Uniform for it holds many skills of the dressmaker's trade, cunningly contrived to combine good looks with action, safety and comfort features. The shirt is beautifully tailored with an up or down V neck. The jacket is boxy and casual, with slash pockets. The overalls have a trim, darted waistline, big patch pockets...and for action, adjustable suspenders, and generally roomy. The ankle tabs, drawing the trouser legs in closely, are safety measures. The garments are all available in sizes 12 to 44, and women eligible to wear them may buy them from the National Committee on Boys' and Girls' Club Work...59 East Van Buren Street, Chicago, Illinois.

It's nearing the time for spring planting...and in some sections of the country, the winter vegetable crop is already being harvested. Half a million more women and girls and boys are needed this summer for work on the land, and three-fifths of this number will be girls and boys under eighteen. Urge your listeners to consider helping the effort. In order to join the Women's Land Army, women must be over eighteen, and may enroll for crop season work (which might include planting, cultivating and harvest)...or, for year-round general farm work. Year-around workers may train for two to six weeks at an agricultural school, and seasonal recruits will probably have training on the job. There are application blanks at the Office of the County Extension Agent, and in some areas at the Offices of the U.S. Employment Service and Local Defense Council.

Girls and boys from 14 through 17 will probably be recruited for the Victory Farm Volunteers through their local high school, but if there is no recruiting agent sent to the school, they may apply at the Office of the County Extension Agent. The agent will cooperate in placing them, even if they have volunteered through their school. The Victory Farm Volunteers work for a season of less than five months, and in many areas the boys and girls receive training at school, during the school year. Both women and girls may help in the farm house, in order to release other workers for the field. Farmers will pay all of them at the prevailing wages.

#### SPOONING OUT THE SUGAR

The contents of the national sugar bowl has been divided fairly and squarely to meet as nearly as possible, all needs.

Sugar has been allocated for 1944 consumption, taking into account all factors in today's living. As the war makes greater demands, the needs

of our Armed Forces and allies increase and the demand for industrial alcohol grows to tremendous proportions. At the same time, shipping space for sugar is being diverted to more important wartime needs. All this spells slightly less sugar for all civilians...about 6 percent less than last year.

The greatest single increase in demand for sugar for the war effort has been for making industrial alcohol...vitally needed in the production of synthetic rubber, needed too, for other products. This year, because of the expanded industrial alcohol program and the conservation of grains for food and feed, the production of invert or high test molasses, from which no sugar has been extracted, is required. Black-strap molasses, which is a by-product of sugar has been used for making industrial alcohol...however invert or high test molasses yields much more sugar for this purpose. The supply of blackstrap molasses is not nearly enough to meet the increased demand for industrial alcohol.

Civilians will get 325,094 fewer tons of sugar than in 1943...about 6 percent less. But they will still get 75 percent of the total supply; for only about 25 percent has been assigned to the armed forces, allies, and industrial war needs. Next week, we hope to have more information about what the 1944 sugar allocations will mean to the homemaker.

#### LAMB OR MUTTON?????

"Spring Lamb" has a...succulent sound, and certainly these days is a delicacy to be reserved for an occasion. The first of it appears in early March...and lamb, of course, is definitely an Easter dish.

Lamb in the young sheep...mutton is the sheep grown older. A cut of lamb has a higher ceiling than the same cut of mutton, and the homemaker remembering her pledge "I will pay no more than top legal prices" will want to know whether she is buying lamb or mutton, and pay for them the legal prices.

Now, lamb becomes mutton during the second year of its life when the physical characteristics of mutton begin to replace those of lamb.

"Each quarter of sheep is stamped plainly, "lamb" or "mutton". The homemaker may ask to see the quarter, on which will be stamped what she is buying. However, there are other signs in the appearance of the meat itself."

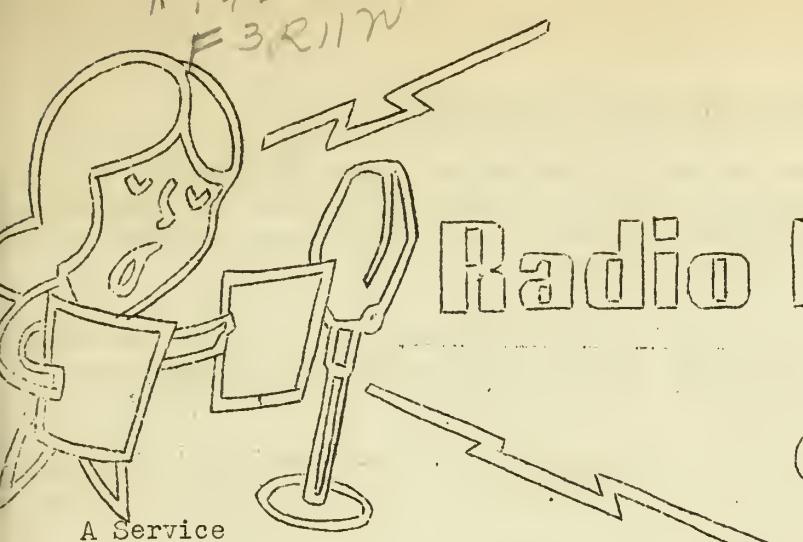
The uncooked meat is lighter and pinker in color than that of mutton. Lamb cuts cleanly and has a satiny finish...mutton meat is firm and coarse grained. Lamb bones are red...mutton bones are white. The break joint of lamb (the front and back leg joint) is rough and shows a good deal of cartilage. When this bone becomes older...and becomes mutton bone...it is smooth and spool-like.

#### FRUITFUL OUTLOOK

Dried apples, which have been conspicuous by their absence from grocers' shelves for nearly two years, will soon reappear.

Because requirements for the war program have been changing more than three and a half million pounds have been released for civilian use. For the same reason about 912,000 pounds of zante currants are headed for American tables, too.

As your listeners know, packers have been required to set aside their entire pack of dried fruits for government requirements. Now and then, however, portions of the total are released to civilians because they are not needed for immediate war needs. That's why homemakers can look forward to being able to get dried apples and more currants in the coming weeks.



U. S. DEPARTMENT OF AGRICULTURE

# Radio Round-up

## on food...

A Service  
For Directors of Home Forum Radio Programs

New York 7, N.Y.  
March 4th, 1944

### A THANK HOME CANNERS FOR REDUCED VEGETABLE POINT VALUES

From March 5 through April 1, the homemaker will find that she will be able to buy more canned vegetables for her blue points in Book No. 4. And, according to Price Administrator Chester Bowles, she has done the job herself, because of her magnificent turnout of home canning.

Blue point values for some canned vegetables will be sharply reduced. Tomatoes will cost one-half as many points...peas will cost one-third the amount that homemakers have been paying...and point values on corn and asparagus, have come down, too. Canned fresh shelled beans, dried prunes, raisins, and currants and mixed dried fruits have been put upon the zero point list. Frozen foods, preserves and jellies, dry beans, canned soups and baby foods remain the same.

On the other hand, canned fruits have advanced sharply in point value. Apples, cherries, figs, mixed fruits, peaches, pears, and pineapple have risen five to thirteen points in point value. Grapefruit juice and tomato juice have been slightly boosted too.

There are several reasons for the point value changes of these fruits and vegetables. For one thing, the total stock of canned, frozen, and dried foods for civilians is about three percent higher than last year. The movement of canned vegetables has been about 10 percent lower than expected. This stock must be moved so the canners will be encouraged to process all the food they can handle in the coming season.

The movement of canned fruits has been 17.6 percent faster than planned. The 1943 fruit crop was short, and the amount of canned fruits the homemaker received was limited. Therefore, it is necessary to raise the point values of canned fruits, to slow down the rapid movement.

NOTHING TO "BEEF" ABOUT NOW

After two pork bonuses in the form of spare stamps #3, and #4, the week of March 5th ushers in additional meat blessings in the form of sharp point value drops on rationed pork and many beef cuts. Some sausage items are included in the new March and April tables.

Veal and lamb and mutton, lard, butter, cheese and all other rationed fat and dairy products will remain the same in point value during March and April as they were in February.

Every cut of pork, with the exception of spareribs, has gone down from one to two points per pound. Bacon, with the rind off, either in the slab or sliced, has been reduced three points...and Canadian bacon has gone down four points per pound.

Beef has been reduced from one to two points per pound in cuts used for roasts, rib steaks, and stews. Naturally the point value of canned and ready to eat beef and pork reflect these changes...and these items will be reduced from one to four points. By the same token a number of variety meats and some types of sausage (chiefly pork) show decreases in point value.

Civilians will eat a great deal of pork during March, in fact, pork will make up more than half the month's total meat supply. As for beef, there will be somewhat more in March than civilians had during February.

SWEET STORY

Sweet news for the homemaker was announced by OPA for the next quarter, which begins April first. She will be glad to know that, sugar stamp no. 30 in Ration Book No. 4, good for five pounds of sugar which was previously announced to expire March 31; will be good for an indefinite period. Stamp No. 31, the next sugar stamp, also good for five pounds; will become valid according to schedule on April 1. No expiration date for this stamp has been announced.

At this time there are no details for home canning sugar. However, no reduction is expected in last year's per person allowance for home canning.

Nothing can be said, at this time about any expected changes in the homemakers sugar ration for the coming months. By removing the expiration date from ration stamps, sugar buying might be postponed sufficiently, so that no change is needed. If, added to this, adequate shipping can be provided, then it is expected that the homemaker will have as much sugar in the coming months as she has been getting.

"FASHION FIRST" IN FISH

Fish has always been a traditional dish for Lent. During war years meat alternates are always timely, and kind to our rationing points...so at this time the homemaker looks forward to the varieties of fish upon which she can depend during the Lenten season.

During Lent, homemakers can count upon about as much canned fish as has been available through the past months. As for fresh and frozen fish, the picture is about the same now, too, for transportation is still a problem. The overall picture for the coming year will perk up a bit, however, as the months roll by. Some new boats and some fishing vessels taken for military purposes have been released for commercial fishing purposes. This will add to the fish supply during the coming year.

In planning Lenten fish dishes, the homemaker will find cod, haddock, halibut, rose-fish, flounder, and sea herring in both fresh and frozen varieties. In the interior carp and lake trout are making their appearance as well. In the shellfish varieties, shrimp, crabmeat, and oysters will be found.

Frozen dressed and fillets fish are ready for cooking and require no cleaning or other preparation. It is not even necessary to thaw frozen dressed fish and fillets before cooking. Sometimes packaged fish are slightly salted. If the label says they are, it isn't necessary to add additional salt. Frozen fish must never be thawed and refrozen. Fresh fish that comes to market, must be scaled and finned...and the head and tail cut off, before cooking.

When the homemaker buys fish she should look for bright bulging eyes, firm and elastic flesh, scales that cling tightly to the skin, and gills that are reddish pink. These are earmarks of good fresh fish.

Fish is one of the outstanding protein foods, an excellent source of phosphorus, and contains considerable copper. A small amount of other minerals are present as well. As for vitamins, fish contains some B complex vitamins. The oily fish contains A and D, though these are for the most part concentrated in the fish liver and are extracted for use in vitamin concentrates.

Fish may be boiled, baked, broiled, or used in salads, in scalloped dishes, creamed and in chowders. Listeners will be interested in U.S. Department of Agriculture Conservation Bulletin No.27, called "Wartime Fish Cookery". Lots of fish dishes in this little booklet, and many tips about cooking and selecting too.

#### THESE ARE ABUNDANT

Here is a list of unrationed foods that will be plentiful during March. Planning menus and looking ahead for family needs and good marketing values, she can depend on the following:

Cabbage	Beets
Potatoes (white)	Celery
Spinach	Lettuce
Snap beans	Citrus fruits
Carrots	Canned Green and waxed beans
Frozen vegetables (all ration free, except peas, corn, (and lima beans)	

NOTE: In addition to the above seasonally abundant foods, there are cereals and cereal products such as bread, flour, noodles, spaghetti, etc., which are abundant all the year around.

## CUT FOOD WASTE

We are still wasting at least 20 percent of all food produced in this country...enough to feed the combined population of Greece, Czechoslovakia, Norway, and Belgium. That's a lot of food and we cannot afford to waste it.

Fundamentally this waste is not intentional. It's because we in America have always had so rich an abundance of food that we have become careless... and it's hard to break an old habit. But no nation wants to have on its conscience the knowledge that one out of every five pounds of food produced is wasted. This waste takes place on the farm, in transit, in storage, in processing plants, in grocery stores, and in the home. Every person, on the average, throws away 100 pounds of edible food in the home alone.

Food is a precious thing in England and there it is a penal offense to waste food. English homemakers get only two ounces of butter a week for each member of the family...one-half of a stick. In order to conserve butter, they spread it on the bread before serving, thus eliminating that "sticking-to-the plate" waste. If every person in the United States saved only one-half an ounce of butter a week, it would have been nearly enough to supply our entire army all of last year.

Many American homemakers are trying to conserve food but there is still much to be done. For instance, an enormous amount of uneaten food left on the plate is scraped into the American garbage can every day. An experiment conducted in connection with a dinner in a Mid-western state showed that 81 diners left 17 pounds of uneaten food upon their plates. Homemakers don't weigh the food left on the family plates...but they would be amazed and perhaps a little ashamed if they did.

Of course, homemakers aren't the only wasters, as has already been stated. Studies show that 3 percent of all foods handled in grocery stores goes to waste because of damage in transportation, poor storage, bruising and handling by customers. When food is brought to market by truck or train rough handling delays and lack of refrigeration causes about a two percent loss.

Campaigns in various parts of the country prove what can be done through concentrated effort. During a two-week's campaign homemakers in Kansas City reduced food waste 19 percent. A month's campaign in Lansing, Michigan reduced waste 23 percent; a two-months' campaign in Charlotte, North Carolina reduced food waste 28 percent.

If every homemaker tacked a small sign above her sink or work table reading "can it be used?" she would stop and think before wasting a leaf of lettuce or a slice of bread.

At the table members of the family can school themselves to take no more than they will eat...scrape the plate and tip the bowl. Even Emily Post agrees that wartime etiquette allows bones in fingers, grapefruit squeezed dry and gravy mopped up.

FAT NEWS

American homemakers will be able to buy lard without ration points during March because 50 million of the extra 100 million pounds have been allocated for civilian use.

There are several reasons for the unexpected addition of lard to the zero point value list. First of all, an exceptionally large slaughter of heavy hogs produced about 514 million pounds of lard during January and February...around 200 million pounds more than for the same period last year. There is a lack of storage space and packaging facilities for this extra lard supply. And shipping has been curtailed too...most of it has been diverted to more important military purposes.

The other 50 million pounds...will go to soap manufacturers. This, however, will not affect the consumer, as it will be considered a part of the original allocation for soap makers, and does not mean an increase in the amount of soap manufactured.

NEWS OF THE NORTHEAST REGION

(Cleared by O.W.I. with an "A" essential rating)

HATS OFF...

To 4-H er's in the Northeast Region, and throughout the United States. For this is their week. March 4th through 12th, has been set aside as National 4-H Mobilization Week. There are about one million, seven hundred thousand members in the nation who will be making their plans for this year, and who will make a special drive to recruit other young folks to join them in producing and conserving food. Incidentally, they'll be looking for adult leadership to guide them along the way.

Two of the Northeastern states...Massachusetts and Connecticut...came through last week with a summary of some of their recent achievements in 4-H work. In Massachusetts, membership in 4-H clubs increased 15 percent in the past three years, but the volume of food produced by the members has increased more than 50 percent.

Connecticut should have twenty thousand young people between 10 and 20 years old belonging to 4-H clubs, according to A.J. Brundage, the State Club Leader up at the University of Connecticut. Last year Connecticut's almost nine thousand members produced enough food to feed over 8600 fighting men. One town in the state has already established its increased production goal. That's Coventry...whose 4-H members plan to grow enough food to feed 227 Coventry men and women now in military service. As more people from the town enter the armed forces, this goal will be increased.

Of course the thought behind the "Feed A Fighter and More" slogan is not literally to send 4-H food to the fighting front. It is, however, an indirect means of doing so. Production for home use enables more production from our farms and processed food from our canneries and dehydration

plants to reach our theatres of war.

'Besides food-raising projects, 4-H groups engage in clothing conservation, repairs for farm and home equipment, maintaining good health, selling war bonds, Red Cross Work, and participation in salvage collections. Sounds like a pretty full schedule, doesn't it?

WHERE LIFE IS AN OPEN BOOK...

We thought you might be interested in picking up some of the excerpts from this letter written by Phil Ault, Chief, of the United Press Bureau in London, to the editor of his home-town paper in La Grange, Illinois. Read it to your listeners...and then ask them to count their food fortunes:

London, December 21, 1943

Dear Mr. Loomis:

"After many months, I received two copies of The Citizen a few days ago for late October. They were most welcome, literally a letter from home. Perhaps you'll be interested in some of my reactions to them, laid against the background of London life as we near the fifth Christmas of the war.

"The thing that struck us first, of course, was the food advertisements. They literally made our mouths water. We know you are rationed rather strictly...but the very idea that such things as ice cream, apples, sweet potatoes, candy bars, and canned milk are plentiful enough to be advertised made us jealous. Just to look at an advertisement and see all that variety of meats for sale! For days on end there literally was nothing to be had in the meat shops except lamb. The only ice cream I've seen since I returned to England was at a wedding reception at Ambassador Biddle's, and that was due entirely to his diplomatic privileges. If one of your stores ran a food layout in a London newspaper, there would be a queue literally a block long waiting outside the store when it opened.

"Don't get the idea we are starving. We are doing remarkably well and have no complaints at all. Everybody in this country is fully sold on the idea that guns and shells come before food, and they feel that Lord Woolton has done a splendid job of making the available food go around. Housewives have to spend hours on end standing in line waiting to buy their supplies. There is no grocery delivery service, so a shopping bag is standard equipment.

"Linken and I had an egg on November 15th and have hopes of another one each sometime in January. Dried eggs are available, though, rather strictly rationed, and they are life savers.

"The chief food difficulty except for the obvious shortages; is lack of variety. This is known as the 'Brussels Sprouts Season', be-

cause they and cabbage are about the only vegetables to be had in restaurants during the winter....." (Etc)

Sincerely,

Phil "

GARDEN PARTY...

In a sense, the Regional Victory Garden Conference held in New York last week for five of the Northeast States....(New York, New Jersey, Pennsylvania, Delaware, Maryland, and the District of Columbia)...was a party because everyone was so congenial and offered so many excellent suggestions for gardening during the coming spring and summer.

One particular part of the program which everyone...including the War Food Administration...seemed particularly interested in, was the planning of Community Victory Gardens. For apartment dwellers, particularly, who have no claim to a spot of earth, the community enterprise may be the perfect solution. Incidentally, New York State College of Agriculture gardeners suggest considering these two factors if you do join up with such a group. First, is the location convenient? And second, is the group well organized for the best interests of all?

Local Information...seems to be a special need these days with the current paper shortage cutting down a good deal of it. So why not suggest a community bulletin board in the neighborhood, or enlisting the neighborhood movie houses for a source of garden news.

Leadership...in community gardening and in school gardens was another topic of interest to this forum. They talked about the possibilities of using competition as a gardening stimulus, of awarding prizes, and making the allotment of ground a privilege, to be relinquished if the holder did not carry through with good gardening practices.

Of course community canning and the marketing of garden surpluses received a good deal of consideration. A look into some communities discloses that the Vocational Agricultural group in a school will plan the garden, the home economics department preserves the food, and the children who participate in a school lunch program, will ultimately eat it.

NORTHEAST VEGETABLE BIN...

Although cabbage bowed out as an official Victory Food Selection, it's still very much "in" so far as most markets are concerned. And we reiterate that word "plentiful" when it comes to white potatoes, and eggs, still going strong, practically everywhere.

1. What is the best way to learn a new language?  
2. What are the most effective ways to learn a new language?  
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JUN 21 1944

# Radio Round-up

on food...

A Service  
For Directors of Home Forum Programs

NEW YORK, 7, N.Y.  
March 11, 1944

## NOTHING BUT THE BEST

Thirteen miles from Washington, over an area of nearly fourteen thousand acres, constant daily experimentation and effort are going on to help give the American family the best food. This center of scientific progress is Beltsville Research Center, of the United States Department of Agriculture, at Beltsville, Maryland, where scientists work with problems of food, from the soil and seed, to the table.

Here, thousands of experiments are conducted in thirty-six well-equipped laboratory buildings, thirty-one greenhouses, and one-hundred barns. A visitor to Beltsville could tour through pastures, fields, orchards and even an experimental forest. There are drug gardens too, and fungus collections. So that no phase of Agricultural research is overlooked; the Beltsville Center is well equipped with the usual farm stocks...dairy, beef and dual purpose cattle, goats, sheep and hogs. Thousands of breeding fowls and an apairy for the bees, are part of the equipment, too, as well as more than five thousand small experimental animals such as rats, mice, guinea pigs, and rabbits.

War has put an accent upon food, and efforts at Beltsville touch every phase of the farm, continuing through the many ramifications of food and all the problems to which it is related. The results are put into leaflets, bulletins, and other publications and sent throughout the country. Anyone may write to the United States Department of Agriculture for information on any food or farm problem, and receive these publications.

One food on which a great deal of current research has been, and is still being done is soybeans, together with their products. This food deserves the spotlight, not only because of its high protein value, but because of its availability. When soya flour and grits were released to civilian markets

in quantity, the Bureau of Human Nutrition and Home Economics had recipes all ready to tell the homemaker how to use them. This is only one small example of the service rendered at the Beltsville Research Center.

A service that is very close to the homemaker, however, is that in meat cooking. Experiments in cooking meat started in 1924. The meat used comes from the Bureau of Animal Husbandry or State Research Stations that work with Beltsville. After the meat is cooked, it is tasted and rated by a panel of judges. Cooking temperatures and methods are considered as well as the breed and age of the animal or bird, and the results are carefully noted and rated.

It was the result of these experiments in meat cooking that gave the homemaker the present and newest method of cooking meat at moderate temperature. The old method supposed that searing the outside of the cut was the secret of keeping juices intact. But Beltsville experiments over a long period of time, show that temperature control is the important factor. Cooking meat from start to finish at moderate temperature not only holds in the juices, but saves much shrinkage and keeps the protein tender. Because of these experiments homemakers can conserve wartime meat purchases with moderate temperature cooking.

From time to time ROUND-UP will carry more stories about Beltsville Research Center, for your listeners. There, the effort to give the homemaker and her family better food, continues endlessly.

#### TURTLE TALK

After floating around more or less at large, turtles have at last found their niche in the Special Commodities Branch of WFA's Office of Distribution, where they have recently been assigned.

Although some Indians in the west eat land turtles, ordinary folks eat green sea turtles in soup form. To most people turtles are a delicacy...something to give special "zip" to a meal, and homemakers will be glad to know that they will still have turtle soup in cans, although in slightly less quantity than in pre-war days.

There is no even supply of green sea turtles...that is, fisherman seldom go out for turtles alone. They are more or less incidental to the catch of other sea food. Turtles are found along the east coast...and in greater profusion as the coastline dips southward. They float lazily around about four miles out from the coastline, covered with barnacles and sea moss. Turtles make little effort to get food. They eat fish, but show practically no initiative about trying to catch them...they wait until the fish come to them.

Turtles are comparatively easy for the fisherman to handle after they are caught. They're put on their backs, and left there until they reach the market. They come to market alive, are delivered to the retailer, and he dismembers them. The shell, head and feet are thrown away, and the flesh under the shell and some from the thigh is salvaged and sent along for

soup-making purposes. Most of the turtle supply goes to canners, though some famous restaurants do use fresh turtle meat for soup.

### SPICY CONVERSATION

Slightly less pepper but a substantial increase in the over-all spice supply for the homemaker, is the spice story for the coming year.

Since all spices are imported, our supply depends upon shipping, and, as your listeners know, shipping has been precarious during the past two years, black and white pepper comes from the Dutch East Indies, now under control of the Japanese, and from India. Indian pepper is high priced and shipping is difficult as well, so that at present black and white pepper importations have ceased entirely. Fortunately there are enough reserve stocks now in the United States to help take care of civilian needs and other claims until January 1, 1946. But the homemaker's pinches of pepper will have to be fewer and farther between this year, for she will get even less pepper than she has had.

There's a brighter outlook on some other spices, however. Allspice comes from Jamaica, where it's called pimento. Ginger comes from that little island, too. Since shipping from Jamaica has improved a good deal, homemakers can count on enough of both of these spices. Matter of fact, 3.7 million pounds of ginger have been allocated for civilian use for the year, in comparison to 3 million pounds which was the average civilian consumption in pre-war years.

Mace and nutmeg hail from Granada in the West Indies, and shipping in those lanes has improved greatly too. The packer's delivery quota for mace has doubled, and for nutmeg it has jumped ten percent, so that more of both of these spices will grace the family cupboard than did last year.

Cloves are grown in far-away Zanzibar and Madagascar. Zanzibar shipments of cloves have increased substantially, so that cloves, too, will be on the plus list for the homemaker.

Cinnamon story is not so cheerful. We have been accustomed to Cassia, the thin, aromatic bark of a tree. This was supplied from Java, China and Ceylon. Of course, Java and China supplies have been cut off completely. Although the Ceylon supply is still coming through, the over-all cinnamon supply is short and the cinnamon we are getting is not of as high quality as the Chinese Cassia.

### TOPS AND TOPS

Grandmother used to think of tonic in spring...the modern homemaker thinks of greens...for she knows that greens are at their best in spring and rich in necessary food value.

Greens are tops right now, and at the moment they're coming in from Georgia, Florida, the Carolinas, and the Norfolk Section of Virginia. But as the season advances you'll find greens growing farther north, for they follow the spring. They're shipped all over the nation, and the homemaker

will find either kale, collards, mustard greens, turnip tops or spinach.... perhaps all of them...on her local market. She can plan to use them frequently during the coming months.

The color of spring greens adds interest to the table and their food value adds nutrition to the family diet. One good sized serving of greens provides an outstanding source of Vitamin A value. It contains riboflavin and iron too. This is important because menus are apt to lack riboflavin and iron even though homemakers give quite a bit of thought to meal planning.

Added to this, a serving of greens contains considerable Vitamin C...the vitamin which helps keep teeth, ~~gums~~, bones and blood vessels healthy.

Every homemaker knows the delicious "spike" of raw chopped up greens in salad. There are many variations, too. Greens served with cream sauce or mushrooms...in a loaf, or a vegetable casserole. Greens should be cooked quickly until just tender, in only the water that clings to the leaves.

#### CHEDDAR CHATTER

The cook's delight...cheese in all its flavorful varieties...seems to be mostly missing these days. The only type of cheese that's around pretty regularly is the good old standby, American cheese...called by the trade, "cheddar". And there isn't too much of that.

Homemakers are wondering why the fine genius of cheesemakers has been directed to the making of such a large proportion of cheddar cheese. Well.... they know that the materials for automobiles and refrigerators etc., have been directed into channels for war purposes. In the same way, milk allocated for cheese has been designated for a cheese that would serve all war purposes in the best possible way. And that cheese is Cheddar. It's like this:

When our soldiers are still in the United States training, they get lots of milk. But when they go overseas they must get their milk nutrients from processed dairy products that can go safely across the ocean with them. Evaporated milk and milk powder serve that purpose...and cheddar cheese. There are several reasons for the selection of cheddar cheese above all other varieties of cheese, for one thing it ships equally well to both hot and cold climates...for another, it can be produced faster and by more manufacturers than any other type. An important factor is its food value, for cheddar contains more milk solids and less water per square inch than most other types. Then too, cheddar can take rough treatment...be stored for long periods, and when it's ready for use, it's still fresh and flavorful.

The Allies want more cheddar cheese, too, to fill out their skim milk and meat supplies...and the Red Cross has asked for 65 million pounds more than they had last year. When the homemaker understands the reason for the heavy demand, she will be glad to forego many of her old cheese favorites and share her cheddar, too.

"BUTTER" GET IT STRAIGHT

Round-Up (and newspapers) carried a story about supplies in cold storage in February...particularly about 70 million pounds of WFA butter still on hand. That seemed to be a lot of butter, and homemakers started to wonder about it.

Let's get the facts straight. In a word, every pound of butter on hand is committed for use during early 1944. Fourteen million pounds are to be used from now till June to complete Lend-Lease and other WFA commitments (mainly for the Russian Army). The rest is to be transferred to our Armed Forces, U.S. Territories, the Red Cross, and our Civilian Hospitals.

The 70 million pounds of butter now on hand is part of 213 million pounds purchased during the period from February through September of last year. This is the period of the year when butter production is at its peak. During that time the Government buys all its butter requirements for the coming year...and this purchase provides a pretty even supply for civilians during the fall and winter, when not much butter is produced. Thus everyone gets a fair share of the precious food, spread fairly evenly through the succeeding year.

A SEED IN THE MIND IS FOOD ON THE TABLE

Even though, in many sections of the country, the "North wind doth blow", it's high time for the homemaker to plant the seed of a Victory Garden firmly in her mind.

Whether she has a pocket handkerchief space, or an accessible vacant lot, there are many things to bear in mind...if the space is sunny, and has reasonably good soil, she need have no hesitation about starting a small garden. Two tests for good growing space are: (1) Sun for six hours or more a day, and (2) Moist fertile soil. If weeds grow profusely on the land it is safe to say the soil is fertile. No standing water shows the soil is well drained. Next thing to think about is an assortment of vegetables to raise...their adaptability to the climate of the region, and the food value to the family. Tools must come in for some consideration, and above all, dependable knowledge of procedure is important.

Brand new, complete and detailed is the Department of Agriculture Miscellaneous Publication No. 538, called "Growing Vegetables in Town & City". Whether the homemaker is an amateur ~~gardener~~ of the first water, or an old hand at tilling the soil, this booklet will be a valuable addition to her gardening library.

In seasonal order, this new bulletin explains how to choose a location, arrange crops, and choose as well as care for tools. Then it continues with soil preparation and improvement, with planting (the time and kind of crops) transplanting, care and culture of specific crops. Here the Victory Gardener

will find a list of important "don'ts", and a glossary of various vegetables, their description and growing problems. Two invaluable charts appear in the booklet...a regional map showing the average dates of the last killing spring frosts and the first killing fall frosts in each area. For use with these maps is a detailed planting calendar, showing the time for planting each vegetable in each region. The 1944 Victory Gardener will find the Bulletin readable and directions extremely easy to follow. She will find that gardening is fun, too, and that it bears precious food value for her family.

Your listeners may have this booklet on "Growing Vegetables In Town & City", by writing to the Office of Information, United States Department of Agriculture, and asking for Miscellaneous Publications No. 538. Further and more localized information may be obtained in each region by writing to the State Agriculture College.

#### NEWS OF THE NORTHEAST REGION

(Cleared by O.W.I. with an "A" essential rating)

#### PROBLEM DEPARTMENT.....

With the canning season around the corner by just a few months, the questions are starting to roll in. One of the most harassing has been... "How can we remove the flavor-imparting quality from synthetic rubber rings for glass jar tops?"

Last week Mirian Birdseye, nutritionist with the Extension Service, U.S. Department of Agriculture gave this an answer when she spoke at a four-day food conservation institute held by New Jersey College of Agriculture. Boiling synthetic rubber rings five to ten minutes in a solution consisting of a pint of water and a teaspoon of baking soda will help do the trick. Miss Birdseye also recommended rinsing the rings well in water afterward, and giving them a second boiling of two to three minutes in fresh water without soda. If the water from this latter boiling has no rubber flavor, the home canner may be certain that the food in her jars will also be free of it. Exposing the canned food to the air for an hour or two before it is cooked also helps eliminate any possible rubber flavor.

Home canners were urged to examine jar rings carefully before purchasing them and not to use any having the strong odor of tires. This year all rubber rings will be made of synthetic and reclaimed rubber, as no crude rubber is available for this purpose. Synthetic rubber rings do not absorb grease as crude rubber does, however, and for this reason they last better.

#### HEALTH BEFORE BEAUTY.....

You probably have many a listener in your audience who, while mindful of her good health, is also mindful of her good looks and good proportions. New York State's Extension Service sent down this little tale, which seems particularly suited to those who fall into that category.

A famous dancing teacher used to say to his pupils: "If you will under-eat and overdo, young ladies, we can promise to make dancers of you."

But those girls had to be well nourished even if they did undereat. They had to be able to work eighteen hours a day at their dancing...and professional dancing is work.

So here's a dancer's diet...A breakfast of fruit, egg, and coffee, made with half milk. For lunch...not a sandwich and soda. You would have a good soup, bread, fruit, cheese, and coffee. And then for dinner, probably not steak or chops. Such meats were unheard of in the menus the dancing teacher prescribed. Stews and ragouts with delicious gravy and vegetables would be the usual dish; a little bread, and a crisp salad with delectable dressing. Maybe a glass of tonic and a bit of cheese with fruit. And that is all. No sweets, you notice. You might get a tart or a pastry on a holiday, just to make it memorable. But no more often.

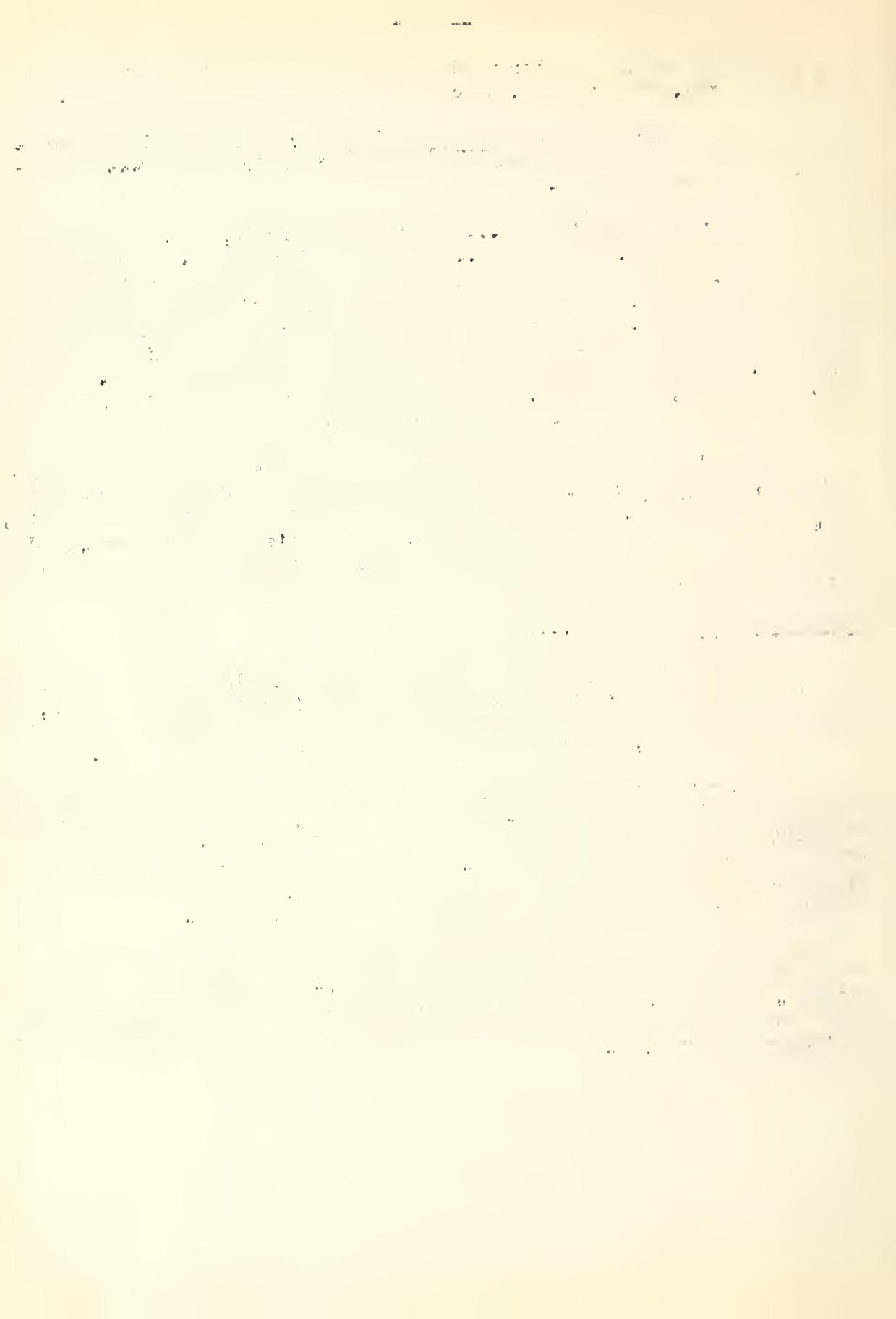
Now here's why we've reprinted this menu. You'll notice that if you add milk, and more fruit, you will have a balanced diet for anyone. And you will notice too, that even if you were managing in spite of rationing, you'd be well fed on few ration points. And what's most important, you'd be eating your way to good health, and probably to better looks and brighter spirits as well.

#### THE ARMY OF THE HOMEFRONT.....

A legion of 4500 boys and girls are already enrolled in the Massachusetts home front army for 4-H canning. Manning their kitchen battle stations, these youngsters will probably fill more than 350,000 jars of fruits and vegetables for use next winter, according to a report by one of their leaders.

Last year they ran up a total of over 310,000 jars with over 800 members canning more than 50 jars each. Members of 4-H units work for "credits" so any girl sharing equally in the canning job with her mother will be given half credit toward her own requirements. Most of them will can products raised by other members of the family in the home garden, but a good number are planning to have their own gardens and use their own fruit.

Incidentally, this is the time to stimulate activity for planning community canning projects in your own vicinity. It takes time to line up leaders, equipment, and meeting places, so remind your listeners to give more than just a passing thought to this important part of conserving food to "Fight For Freedom".





# Radio Round-up

## on food...

A Service .....

For Directors of Home Forum Programs

New York, 7, N.Y.

March 18, 1944

### PEANUT PROSPECTS

Homemakers have enjoyed an abundance of peanut butter this year, and they can look forward to even more next year, if the peanut crop grows up to its expectations. The War Food Administration has asked that 30 percent more acres be planted in peanuts in 1944. This means even more peanut butter.

Through the years, some homemakers have built up the idea that peanuts are just a confection...that peanut butter is just a nice pick-up for the children. But actually, peanuts are more than that...they are important protein foods. They are listed in group Five of the Basic Seven, as meat alternates. A big handful of peanuts, or two tablespoonsful of peanut butter will supply a generous amount of the daily protein requirement. In addition, peanuts and peanut butter contribute some iron, calcium, riboflavin and thiamin.

Peanuts and peanut butter may be used in many ways...in salads, in desserts and meat sauces. In our busy rationing arithmetic, zero point value peanut butter can help amazingly. For one thing, peanut butter is excellent as a spread...it's so rich in fat. A homemaker might introduce her husband and family to breakfast toast, spread with peanut butter and citrus marmalade. This will be an unusual eye opener and at the same time she can save her precious butter. Combined with other low-point, no-point foods, peanuts and peanut butter as a sandwich spread for enriched bread are practical and palatable. Since carrots are abundant, mix ground peanuts and ground carrots for sandwiches. Bacon is now only one point per pound, and broiled bacon and peanut butter sandwiches are crunchy and delicious.

### EGG LORE

During these war years, when proper nutrition is so especially essential, American hens are cooperating to the fullest extent. They have contributed an increasing amount of protein in the form of eggs, and their production this year will reach an all-time high.

In 1944 eggs will be numbered at the amazing figure of 5.1 billion dozen...more than 60 billion eggs. Three out of four eggs...fully 45 billion.. will go to civilians. The fourth egg will go to Lend-Lease and all other requirements. This means that each member of the American family can have more than one egg a day, for this year. That is five more eggs per person than last year, and four dozen more eggs per person than in pre-war years.

Homenakers like to hear about this abundant production because they know that eggs are a protective food, high in protein and other food values. In these days of rationed meats, alternates are often required, and eggs are one of the best. Let's take a look at the food value of eggs, particularly their protein value, in relation to the protein required in the proper diet.

An average, moderately active adult requires about 70 grams of protein daily...about 500 grams of protein a week, according to the recommended dietary allowances of the Committee on Food and Nutrition, National Research Council.

Since the weekly average allowance of meat under the rationing system is about 2-1/4 pounds per person, the amount of protein supplied by that allowance is about 200 grams...less than half the required amount. Therefore, meat alternates with high protein value must be used. One egg contains about 7 grams of protein, and an egg every day would supply about 50 grams of protein, nearly one-tenth of the weekly requirement for an average adult. Added to this, contribution, eggs are also rich in Vitamins A and B, and they are the richest of all common foods in Vitamin D. The fact that eggs are a good source of iron is another good reason to list them high on the meat alternate list.

With these food facts in mind, the homemaker can readily understand the importance of using eggs, and using them now, while they are especially abundant.

### A WHALE OF A FISH STORY

Strange names are appearing on the roster of edible fish, and American families are eating a larger quantity of unfamiliar fish and shellfish than ever before. What's more....they like it.

Among the newcomers to the civilian table are shark steaks, carp fillets, smoked buffalo fish, and mussel chowders. The West Coast has even toyed with whaleburgers. In Seattle, Washington, reports showed that soupfin shark steaks were bringing a higher price than any other fish steaks, except

the famous chinook salmon. On the Florida East Coast, the demand for shark steaks exceeds the supply. Since both these regions have access to a wide variety of sea foods, these stories of enthusiastic reception speaks well for shark steaks.

It seems strange, that, although the annual catch of shark has amounted to about 15 million pounds, nothing was used except the shark liver and skin. The liver yields valuable oil, that contains Vitamin A. As a matter of record three-fourths of all the Vitamin A used in the United States last year, was supplied by shark livers. However, until last year, there was no market for shark meat, which meant that three to five million pounds of shark meat was discarded annually.

Troubled by this huge waste, a Seattle fish dealer began a series of experiments, and found that shark meat tastes very much like haddock, but with the texture of swordfish. This dealer then conducted further experiments, found that shark could be kippered, or slightly smoked, too. Kippered shark is a pale pinkish orange in color, and has a delicate flavor very much like smoked salmon.

So enthusiastic was the reception of the new shark meat that demand spread rapidly, and now exceeds the amount that fisherman can supply.

As a matter of fact, last year eight times more shark meat was landed in Seattle alone than in 1942...a million and a half pounds. Chicago markets, which are a good middle-western barometer, used one hundred thousand pounds. New York and other eastern cities get their shark meat from the Atlantic coast. This year, it is estimated that 2 million pounds more will be added to the national food supply.

STOP...THINK...SAVE

Changing point values during this period should increase the homemaker's salvage contribution to the war effort. Lowered point values on canned vegetables mean more tin containers in the home. The temporary use of more lard in cooking should present an excellent opportunity for greater household salvage. Every salvaged tin container and every salvaged pound of fat is ammunition vitally needed.

Let's follow a can of salvaged fat from its storage place in the refrigerator to its final destination. First, the can of fat is taken to the butcher who gives the housewife two red points for it. Then the butcher sends his accumulated fat to a rendering plant, where it is placed in cookers and heated. The foreign matter sinks to the bottom, and is used as animal food. The remaining grease is graded and sold for many purposes. Some of it goes into the making of explosives...anti-aircraft guns, howitzers, airplane cannon, and dynamite. Another portion of the fat helps manufacture military medicines such as precious sulfa ointments, smallpox vaccines, insulin, surgical jellies, and opiates to ease pain. A large portion is allotted to military use...synthetic rubber, airplane lubricants, depth charge releases, nylon for parachutes and incendiaries. The remainder is used for industrial purposes.

Tin containers, once they are flattened and collected, travel to one of eight de-tinning plants. Huge cranes carry big loads of cans to a rinsing tank, where they are washed with clean hot water. Next, they go into a de-laquering tank, which removes any laquer. Finally, when the cans are clean, and dry, they are immersed in a de-tinning tank, where the 1 percent of tin is removed by chemicals from the 99 percent of steel contained in most cans. The steel cans are shipped to copper mines or sent in bales to steel mills. The tin is purified through a series of operations, and is at ready for its many war uses.

The homemaker has the satisfaction of knowing that in salvaging a tin container, she is contributing both tin and steel to the war effort. The steel in only 3 of her salvaged cans will provide enough steel for a hand grenade, and a neighborhood collection of about 250 cans will supply steel for a machine gun. Steel from tin cans also helps in the making of bombs and tanks and battleships.

The tin salvaged from containers goes into the bearings of anti-aircraft guns, torpedos, submarine and bombers. The tin from two cans will provide enough tin for a syretto...the miniature hypodermic that many soldiers carry to relieve pain if he is wounded.

#### A PEEK AT THE POST-WAR FEEDING PROBLEM

A few days ago at a meeting of people interested in post-war feeding, Lee Marshall, Director of Food Distribution said he thought the allocation system would be an essential part of our food economy during the reconstruction period that will follow the war.

"The allocation system, as I see it", said Mr. Marshall, "will function much as it does now. It will guarantee to Americans, both in and out of the armed forces, a diet that is based on the standards of good nutrition. It will guarantee to the hungry people of other countries that we will help them as much as we, in the light of our own needs and resources, are able to do.

The allocation system, you remember, is the planned division of our expected food supply. Every agency that has a claim on the expected food supply states its requirements. The needs of our civilians are presented by the Civilian Food Requirements Branch of the Office of Distribution. Requests for food to meet current needs and maintain necessary reserves are filed by the Army, Navy, Marine Corp, War Shipping Administration, and Veterans Administration. Requirements of Great Britain, Russia, and liberated countries are submitted through the Foreign Economic Administration. The needs of the Red Cross and our territories...Hawaii, Puerto Rico and Alaska are listed. Of course, every claim must be supported by facts clearly demonstrating essential needs.

When all the claims are in they are matched against the available supplies. If there isn't enough food to meet all the demands, the claimants are asked to look over their lists again and see where they can make reductions and substitutions.

Certainly the relief feeding problem for the reconstruction period after the war is a big one. Mr. Marshall said, "Its solution will depend...as the War food program does now...upon complete cooperation and understanding."

Mr. Marshall feels that it's most encouraging to have the existence of a post-war feeding problem recognized so early. The Director of Food Distribution closed his talk by saying, "The fact that an International Agency (UNRA) has been set up and food forum meetings are held to bring some of the factors of the problem into sharper focus augurs well for the future."

LAMZY DIVY

Song writers feed little lambs ivy, but farmers depend on a good early grass crop for the spring lambs' food. This year, because the first grass crop will be later than usual, fewer Easter menus will be high-lighted with spring lamb. Cold weather and lack of rainfall are blamed for the delayed growth of grass. No doubt the grass will come along soon and so will the lambs. But in the meantime.....

We'll eat ham ....wouldn't you?

With the continued heavy marketing of hogs, ham should be fairly plentiful. Homemakers can plan on a good supply of other pork products, too. In your pork prose you might plug the lowered point value on many types of pork sausage and on bacon, too.

PLAY FAIR AND SQUARE WITH TOKENS

A token-hoarding homemaker could help to cause a food shortage, but if she keeps her tokens in circulation, she will save time, food and ration points. That is the way it works.

The token supply is limited. If tokens are kept out of circulation, the grocer must get more. In order to do this, he must use his precious points in exchange for more tokens at the bank. Ordinarily, he would use these points to buy more food stock for his store, but if he is forced to give up too many points for tokens at his bank, he naturally will not have as many to use for food stock for his customers.

Homemakers are in the habit of using stamps, and the use of tokens is new. They will have to be urged to use their tokens before their stamps. Tokens have been created for the convenience of the homemaker, and they will save her points, if used wisely. Before tokens were available ration stamp points sometimes added up to greater point value than the purchases; and the customer had to sacrifice points or buy more food than she needed. With tokens the customer gets full food value of the ration points.

Tokens are easy to use...they were created so the homemaker would get a fair deal all around. Now, it's up to the shopper to give her grocer and herself a square deal...and keep those tokens moving.

A BIT ABOUT BUTTER

Probably there will be a few more smiling faces around the grocery store ice box because the butter supply is expected to improve week by week for the next month or two. Although the government will start buying butter again on April 1 for the first time since last September, the purchases will be a smaller percentage of the butter output than were Uncle Sam's butter-buys for the same month last year.

The entire quantity of the butter set-aside for April will be purchased by the U.S. armed forces, and war services such as Veterans Administration and War Shipping Administration. The War Food Administration which buys butter to help meet the needs of U.S. territories, Red Cross, and Russian soldiers will not buy butter during April, but will fill its commitments from present supplies.

The butter set-aside order which will be reinstated April 1st is part of the government's program to keep a fairly uniform food supply in the stores. As you know, butter production has a wide seasonal variation. If the government met each month's war needs out of that month's production, civilian butter supplies would be fairly high in summer when butter production is at its peak but extremely short in winter when production is low. In other words, the butter set-aside order serves about the same purpose as a river dam. The river dam can keep the water level fairly constant and the butter-set-aside order keeps the quantity of butter flowing into civilian channels reasonably uniform.

\*\*\*\*\*Please address inquiries for the nonce to Donald G. Lerch, Marketing Reports Division, Office of Distribution, War Food Administration, 150 Broadway, New York 7, N.Y.



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U. S. DEPARTMENT OF AGRICULTURE

# Radio Round-up

## on food...

A Service  
For Directors of Home Forum Programs

New York, N.Y.

March 25, 1944

C/O QUARTERMASTER

The American armed forces are the best-fed in the world. Mothers, wives, and sweethearts needn't worry about their boys. Whether those boys are marching, flying, being carried in trucks, moving in armoured columns, riding in amphibian vehicles, gliding across the snow on skis...they're getting the carefully balanced diets that have been planned to provide variety, appetite appeal and all the necessary nutritive values.

A soldier gets about five pounds of food every day, except when he is in combat areas, when packaged food must be used. The five pounds consist of one pound of meat, poultry or fish; one egg; one pint of milk; three ounces of fats including butter; twelve ounces of grain products and cereals; twelve ounces of Irish potatoes, four ounces of tomatoes and citrus fruits, seven ounces of leafy green vegetables; and twelve ounces of other fruits and vegetables. Added to this, bread, a beverage and desserts are included in each meal.

While he is taking his basic training, a soldier is served regular daily ration, known as "Field Ration A". Overseas, outside the combat zone, the boys get "Field Ration B". These two rations are very much alike, except that in "B", non-perishable foods must be used. With both "A" and "B" type rations, the Quartermaster will serve fresh foods available locally, if possible. "A" and "B" rations are both planned thirty days in advance from master menus. A typical daily ration of these types served in mess-halls or temporary mess tents might read like this:

-- (OVER) --

WAR FOOD ADMINISTRATION  
Office of Distribution

BREAKFAST

Baked apples  
Dry Cereal & Milk  
Fried Cornmeal Mush  
Sausage  
Toast and butter  
Syrup  
Coffee

DINNER

Beef, Steak, Gravy  
Mashed Potatoes  
Fried Cabbage  
Beet & Sliced Egg Salad  
Bread & Butter  
Pineapple Upside Down Cake  
Fruit Ade

SUPPER

Veal Patties, Tomato  
Sauce  
Browned Potatoes  
Parsnips  
Pea, Celery, & Cheese  
Salad  
Rolls and Butter  
Butterscotch Pudding  
Cocoa

Often, however, soldiers are in combat areas, or beyond the reach of facilities to prepare meals like the above. Then they are given packaged field rations, especially planned to meet special requirements. These special rations are known as "C", "D", "K", "10-in-one", "Bail-Out" and "Life Raft" rations.

Field Ration "C" consists of previously cooked and prepared food, packed in sealed cans, and it may be eaten hot or cold. Rations for one day consists of three meat units and three units containing biscuit, confection, sugar and beverage.

Field Ration "D" is used for conditions of extreme stress, only. It consists of three four-ounce bars of chocolate. This type chocolate bar is also known as the "D" bar, and is temperature resistant to a high degree, as it can be carried in climates ranging from 20 degrees below zero to 120 degrees above zero. It contains chocolate, skim milk, sugar, cocoa fat, oat flour, vanillin and 150 international units of vitamin B-1 (thiamin).

Field Ration "K" was developed originally for the use of parachute troops, but it proved so effective that now it's given to all troops in the theatre of operations. The "K" ration when packaged, is about the size of a pound box of candy. It contains three units (or three meals), and it's carefully balanced to provide the necessary carbohydrates and vitamins, and about 3700 calories. There are a number of combinations contained in the "K" ration package, and the contents on each package is printed on the outside so that a soldier can choose his favorite combination. A typical "K" ration might contain the following: biscuits, condensed graham biscuits, a can of ham and eggs, malted milk dextrose tablets, soluble coffee, sugar and chewing gum. Dinner could provide defense biscuits, condensed graham biscuits, a can of pork luncheon meat or cheese spread, malted milk dextrose tablets, concentrated bouillon and chewing gum. For supper there might be defense biscuits, condensed graham biscuits, a can of cervelat sausage, a two-ounce "D" bar, sugar, lemon juice powder, and chewing gum. Each "K" package also contains four cigarettes.

"The Bail-Out Ration", as its name implies, is designed for Army flyers, paratroopers and other men who may have to bail out of planes without other supplies. The "Bail-Out Ration" is a small pocket sized package, weighing only eight ounces. Each one contains small "D" bars, fruit bars, malted milk dextrose tablets, concentrated bouillon or powdered lemon juice, and chewing gum.

"10-in-one ration" means a day's complete food supply for ten men. It's used usually for details in theatres of operations where field kitchens cannot operate, or when units of men are on the move. A typical 10-in-one ration contains canned pork and sausage meat, canned tomatoes, dehydrated baked beans, biscuits, pre-cooked cereal, evaporated milk, canned jam, pineapple and rice pudding, canned butter, soluble coffee, sugar and salt. Added to this are enough "K" ration units for one complete meal for each man.

When bomber crews are forced down at sea they carry "Life Raft Rations". This type of ration supplies needed nourishment, with a minimum of thirst. In the package are hard candies, chewing gum, and vitamin pills. One ration can feed five or six men for one day.

Added to all the highly specialized formulas for feeding the millions of men in our armies, new food processes are being constantly developed and new packaging materials being constantly tested. All this should be good news to listeners, giving ample proof that their boys are getting the best.

#### SWEET STORY FOR HOME CANNERS

Homemakers will have about the same amount of sugar for home canning as they did last year...and they'll get it in about the same way.

First sugar 5 pound dividend to be used for canning may be bought with sugar stamp no. 40 in War Ration Book No. Four. In addition...a maximum of twenty pounds more per person...may be applied for at the Homemakers Local Ration Board, at any time after March 23rd.

This year it is not necessary for the homemaker to wait in long lines at the Local Ration Board. Her whole home canning sugar transaction may be handled by mail. First she sends for OPA form R-132...which is her application for extra sugar. On this, she gives her name and the names of the persons (at the same address) for whom she is requesting sugar, and the number of pounds of sugar needed. To the form she attaches a spare stamp No. 37 from War Ration Book No. Four, for every person whose name is on the application. This is for purposes of identification. If the Board approves the application, it will mail coupons or certificates for the sugar to the homemaker. Later she may apply for more, if necessary.

Last year, homemakers added about four billion home canned fruits and spreads to the nations food supply. This year the need is even greater, and home canning is more important than ever.

#### TAKE ADVANTAGE OF ABUNDANT FOODS:

Homemakers can count on these unrationed foods as being relatively abundant in most sections of the country during April:

White Potatoes	Wheat Flour and Bread
Shell Eggs	Macaroni, Spaghetti, Noodles
Fresh Oranges and Grapefruit	Oatmeal
Soya Flour, Grits, And Flakes	Citrus Marmalade
Canned Green and Wax Beans	Rye Breakfast foods
Frozen Vegetables	Peanut Butter
(Including frozen baked beans)	Dry Mix and Dehydrated soups.

The shopper will find moderately large supplies of raisins and dried prunes. They are point-free.

The reduced point values on canned tomatoes and canned corn make these two items a good buy for homemakers. Canned peas, which have been reduced from 8 to 2 point for a No. 2 can, are an excellent point value bargain.

Homemakers are urged to take advantage of the frozen foods that are available too. Your listeners will be glad to hear that substantial supplies of blueberries, plums, and prunes are expected to be available wherever there are facilities for handling frozen foods.

Relatively abundant supplies of fresh spinach, snap beans, and cabbage, celery, carrots, are expected from southern producing areas during April. New Crop onions should be available in most principal markets during the last half of April.

#### CANNED FISH FORECAST

For the year beginning July 1, 1944 the civilians will net about half the expected supply of canned fish. This means that he can eat about as much canned fish as he did in 1942 and about twenty-five percent more than he did last year.

Canned fish production is estimated to be about ten percent more than it was last year, mostly because of changes in processing technique, and the return of some fishing boats by the army and navy. The armed forces need about five percent more than they did last year, but lend-lease requirements are a little less. The civilian owes his increased allotment to both the reduced lend-lease requirements and to increased production.

The homemaker's supply of canned fish will be nearly one-half salmon, one-fourth pilchards, some Atlantic sea herring, tuna, shrimp, and other fish and roe. She will have about the same amount of fresh and frozen fish as she had last year. Altogether she and her family can eat a generous half pound more fish than they did in 1943.

#### JUICY INTERIM

Canned orange juice and blended orange and grapefruit juice are beginning to appear on grocers' shelves for the first time in nearly two years. Civilian homemakers can look forward to nearly five million cans this year...slightly over half the amount available in pre-war years. The supply of grapefruit juice will flow into civilian glasses in about the same amount as during the past two years.

This is heartening news to the average listener, who has probably heard that canners must now set aside more canned grapefruit and orange juice for government requirements. Naturally the homemaker wonders why she will have a good supply of citrus juices, when the government needs more. Well, the facts are these:

In 1942, the tin that was used to can orange juice and blended juice for civilians, was allocated to other purposes. That is why, in the months that followed, homemakers found that these two juices were harder to find, and finally could not be bought at all. However, on February 11th of this year, an unlimited amount of tin was allowed canners for orange juice, and blended orange and grapefruit juice, and after army requirements are satisfied, there still will be almost five million #2 cans left for civilians in 1944.

The government needs more canned grapefruit juice for the armed forces this year...about 44 percent of the entire output. That will take more from civilians. However, late last year, the government released 1 and 3/4 million cases of canned grapefruit juice for civilian use, and this extra amount will partially replace the increased quantities that are being set aside from canner's production for the armed forces.

Thus, it all balances out. The armed forces will have all they need, and the homemakers will have actually more canned citrus juices for her family.

#### WARTIME NUTRITION

In a talk on "can we be well fed in wartime?" given at regional conferences of State Nutrition Committee Chairman and Executive Secretaries recently, Dr. W.H. Sebrel, Associate Chief, Nutrition Programs Branch, Office of Distribution, War Food Administration, pointed out that...nutrition is one of the few things which concerns all the people all the time. It concerns the well fed and the ill fed. It concerns our armed forces, our industrial workers, and our children and our parents.

He said "We must strive toward the highest health levels which are possible of attainment. Freedom from obvious disease is not enough. The whole range of health levels, from fatal diseases on one hand, to buoyant health on the other, is greatly affected by the contribution to all grades of health status. We would not say that good nutrition guarantees good health, but we can say that optimum health is unknown in the absence of good nutrition.

Dr. Sebrel said he could see no reason why, even, in wartime, we should not be well nourished "If all of us do our part, if we learn and use the simple facts of practical nutrition, if we use our food wisely, prepare and serve it without excessive loss of minerals and vitamins, and see that our garbage pails remain as nearly empty as possible."

### PEARLS OF SMALL PRICE

The lustrous simulated pearls that add such elegance to madames ensemble, are made from fish scales. Surprise? Perhaps...but a fine example of conservation in the food industry...almost nothing is wasted.

The manufacturer of fish scale essence...it's called pearl essence... is not a product of modern research and manufacture. It dates back to the middle of the seventeenth century, and a Parisian rosary maker named Jaquin, who wanted to make more beautiful rosaries. He found that the silvery material so common on the scales of fish, gave ordinary beads a luster that closely resembled pearls. He would put the scales in a basin, cover them with water, pour off the water and save it. The process was repeated several times, then all of the water combined and allowed to stand for several hours. The lustrous particles settled, then the excess water was decanted and the lustrous material that was left was pearl essence. It was a tedious process, since forty thousand fish were required to produce one kilogram of pearl essence. This pearl essence, was applied to wax or alabaster beads. No preservative was used, so these early simulated pearls were not water-proof.

For nearly a hundred and fifty years, pearl essence was made only in Paris, then the manufacture spread to other part of Europe. With the advent of World War I, simulated pearls began to be manufactured in America. From time to time improvements were made. One of the first and most important, was the addition of ammonia, which serves as a preservative. Later wax was put into hollow glass spheres to make the basic bead, which was then coated with pearl essence. One improvement followed another, until finally the "indestructible pearl", as it is now known, was perfected. This is the simulated indestructible pearl that madame wears today...a solid opal glass bead, coated with pearl essence, and protected with a waterproof lacquer.

This is only one of the examples of conservation in the food industry today...where thousand and thousands of by-products are made from the original plant or animal.

### NEWS OF THE NORTHEAST REGION

(Cleared by OWI with an "A" essential rating)

### BASIC FOODS IN THE SLAV DIET....

Last week a number of radio and press women attended a Slav Neighbor Pot Party which was held in New York City by the Common Council for American Unity. Those of us who went to the party agreed that it was most interesting and educational. The Slavs have many excellent ideas about food. For instance, the Czechs and Slovaks utilize all parts of the animal, with emphasis on the variety cuts. They extensively use various dried legumes. The Poles have several good ideas about making soups. They prepare soups with large quantities of parsley, beet greens, and other foods that are high in nutrition. The Russian, too, use whole grain cereals in many ways, in

such foods as bread, porridge, and soups. And of course, the use of cabbage is widespread in Russia. In fact, one of the favorite dishes at the Slav Pot Party was Borstch...a traditional Russian dish made of cabbage and beets. You'll notice that many of these food ideas are parallel with our own nutrition program.

We thought you'd be interested in seeing how the foods cooking in your Slav neighbor's pot fit in our Basic Seven Food Groups.

### THE BASIC SEVEN FOOD FOR GOOD NUTRITION ..... SLAV BASIC FOODS

#### #1 - Green and Yellow Vegetables

In season there is an abundance of cabbage, carrots, turnip, kohlrabi, spinach, lettuce, beet greens, scallions, parsley, dill, sorrel, kraut, string beans, peas.

#### #2 - Citrus Fruits

Though citrus fruits are a luxury in Poland, lemon is commonly used. Tomatoes, raw, in soups or sauces.

#### #3 - Other vegetables and fruits

Parsnip, butter beans; lima beans, beets, potatoes, onion; cucumbers, some garlic, cauliflower. Fruits...apples, pears, cherries, peaches, plums, and grapes are plentiful. Berries...raspberries, currants, black-berries, blue-berries, goose-berries and wild strawberries.

#### #4 - Milk and milk products

The common beverage in Poland is fresh fluid milk. In the Tatra Mts. goat milk is more popular. People generally depend and consume a great deal of milk products. Creams...sweet and sour, sour milk, various fresh and dry cheeses also goat cheese.

#### #5 - Meat, fish or substitutes

Poultry is most common meat source, therefore, chicken, duck, and geese are staples. Pork is next in popularity...fresh or smoked...also various kinds of sausages. Veal. Fish...fresh caught stream trout. Imported are herring, dried or salted fish. Eggs...chicken, duck, goose. Substitutes...dried limas, split peas, yellow and green, lentils, red and stripe beans.

THE BASIC SEVEN FOODS FOR GOOD NUTRITION ..... SLAV BASIC FOODS  
 (continued) ..... (Continued)

2056 - Bread, flour and grains .....

Bread...all breads are whole grained. Rye, pumpernickel. Grains...various kinds of cereals white, and yellow also buckwheat, Poppy seed...

2057 - Butter, fats and oils .....

Butter...sweet and salt. Fats...salt pork, chicken fat also suet. Oils...flax, hemp.

TIPS TO VICTORY GARDENERS .....

One of the main topics discussed at a recent regional Victory Garden Conference in Boston was the need for considerably greater production of food from each garden. Here are some of the high spots of the conference, according to the Vermont Extension Service, which should be of interest to your listeners:

1. Plan carefully before planting to insure production of desirable crops. Study garden literature.
2. Buy seeds and plants from reputable dealers. Treated seeds are desirable.
3. Select a suitable soil and site when there is more than one possible location.
4. Prepare the soil thoroughly and follow approved practices.
5. Practice soil improvement and conservation practices for increased production.
6. The following garden practices to increase production were stressed:
  - a. Frequent weeding and shallow cultivation.
  - b. Plant seeds sparsely and thin plants to recommended distances.
  - c. Stake tomatoes and grow pole beans in very small gardens.
  - d. In making garden plans, consider succession plantings, inter-plantings, double rows and summer plantings for fall storage.
  - e. Follow established recommendations for pest control.
7. In community gardens, competent garden supervisors will help increase yields.